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Thursday,
May 19,
2005

CRAWFORD COUNTY AVALANCHE

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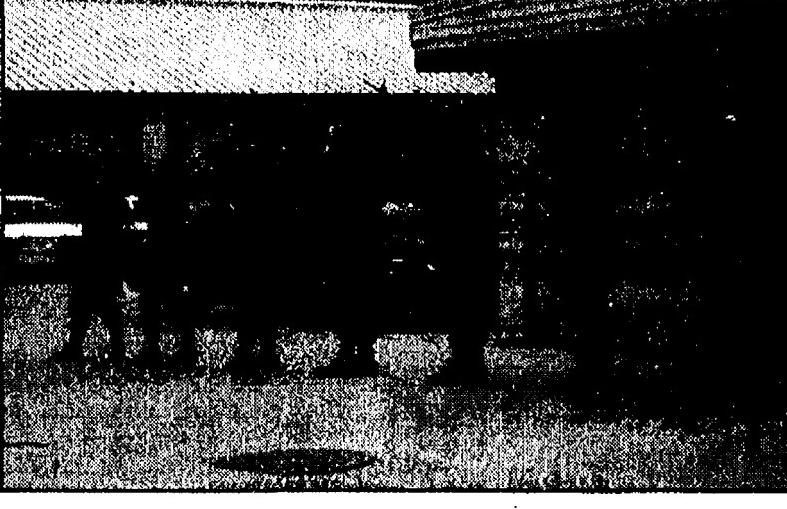
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LAW ENFORCEMENT MEMORIAL



Photos by Dan Sanderson

Sheriff Kirk Wakefield motions toward two police officer garrison caps which were placed on chairs in honor of former Sheriff Arthur F. Clough and Grayling City Police Chief Peter Stephan at the Crawford County Sheriff's Office annual Law Enforcement Memorial ceremony held last week. Clough, who served as sheriff from 1961 to 1972, died on April 3, 2002. Stephan, who served as a City of Grayling police officer for 42 years and as chief for 27 years, died on November 10, 2004. On the left, a rifle squad from Camp Grayling conducts a 21-gun salute.



Dumping in Crawford County a persistent problem

by Matt Seager
Staff Writer

Many Crawford County residents are becoming increasingly concerned about large deposits of trash that can be found on state and federal land. The pollution of Michigan forests, including those in Crawford County, is a serious problem with no easy solution.

"Every year when the snow leaves citizens tend to notice (trash) more," said Ada Takacs, a DNR officer and volunteer programs manager for the Adopt-A-Forest branch of the Michigan Coalition for Clean Forests (MCCF).

The MCCF is an agency that began in Roscommon County in 1989 and became a statewide institution by 1991. It is a partnership among various parties, including businesses, which are interested in keeping Michigan forests clean. It is headed by the DNR and it sometimes works in conjunction with the U.S. Forest Service.

The MCCF is the parent agency of the Adopt-A-Forest program, which is designed to get citizens involved with cleaning up Michigan wilderness.

Takacs said that although it may seem like there is more contamination in the forest than usual at the moment, the illusion is created by the recently melted

snow exposing more junk. This, combined with muddy ground, leafless trees and gloomy skies makes the situation appear to be especially dismal.

That isn't to say that there is not a problem. In fact, the MCCF has identified 45 major trash dump sites in Crawford County, most of which contain truckloads of garbage. Materials being dumped in the forest include household appliances, carpet and even hazardous chemicals.

"We're doing very specific things in Crawford County to try to fix the problem," said Takacs.

When a trash dump site is identified and reported by a citizen, conservation officers are dispatched to search for proof of dumping. Once this verification process is complete, the site is added to a DNR database, allowing the agency to take steps to clean up the site.

"This year, conservation officers are marking (trash dump sites) with their vehicles," said Takacs. In a high-tech update to the program, officers in Crawford County are driving out to dump sites and placing GPS devices, allowing them to precisely pinpoint junk in otherwise hard to find locations. Crawford County is the only county in

Continued on Page 2A

See "DUMPING..."

INVASIVE PLANT HELPS FEED THE HUNGRY

by Dan Sanderson
Staff Writer

Popeye may push spinach but for Grayling native Natalie Kent garlic mustard is her plant to promote.

Kent, a 1999 graduate from Grayling High School, serves as the development associate and GIS technician for the Michigan Nature Association, a non-profit organization which operates 160 nature sanctuaries across the state. The sanctuaries are natural areas which are open to the public for bird watching and hiking, but are closed off to hunting and motor vehicles.

This spring, Kent and the Michigan Nature Association launched the "Eat the Invasive" project to promote the consumption of garlic mustard - an invasive plant which grows in the state which is edible.

In Europe, 69 insects and seven fungi keep garlic mustard in check. In the United States, the plant does not have any natural enemies and is able to displace native plants due to its high-seed production and monopolization of resources.

Several species of salamanders and mollusks, for example, are negatively impacted by garlic mustard's alteration of forests.

At least two rare native butterflies are also impacted when garlic mustard plants grow so tall that they displace their native toothwort host plants because larvae which are hatched on the garlic mustard plants do not survive.

In 1868, the first population of garlic mustard was found on Long Island, N.Y. By 2000, garlic mustard had spread to more than 24 states and four provinces in Canada, with the heaviest infestations occurring in New England and in the Midwest.

In Michigan, the plant is prevalent in the four southern tiers of counties in the Lower Peninsula, affecting 28 counties. The plant can also be found in three counties in the northern Lower Peninsula and two counties in the Upper Peninsula.

One plant can produce up to 7,900 seeds, which can remain viable in the soils for up to five years.

Because the garlic mustard can spread such a great amount of seeds, the plant is typically plucked from natural areas in the spring before they mature. The plants are usually burned or

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See "INVASIVE PLANT..."



Natalie Kent, a 1999 Grayling High School graduate, and the Michigan Nature Association launched the "Eat the Invasive" project to promote the consumption of garlic mustard - an invasive plant which grows in the state which is edible.

Environmental studies approved

by Dan Sanderson
Staff Writer

City of Grayling officials have given their approval for more extensive environmental studies to be done on four properties in hopes of encouraging development in the community.

The Grayling City Council at their last regular meeting agreed to have phase two environmental assessment studies done on potentially contaminated property in the community. The studies will be done at the former Bear Archery property, the Jamison property on South I-75 Business Loop next to Huntington Bank and at Diane's Car Wash and the Knights of Columbus Hall.

The phase two assessments call for test wells to be drilled at the properties to determine if contaminants are under the surface and what steps need to be taken to clean up the pollutants.

"This will make the properties more attractive to developers because they will know what needs to be done to clean them up before they purchase them," said Tim Zigila, chairman of the Brownfield Redevelopment Authority.

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Crawford County Avalanche

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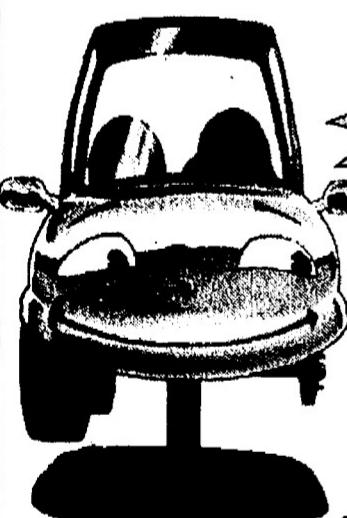
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MEN WHO COOK



Photos courtesy of Graying Regional Chamber of Commerce
Randy Thompson, the owner of Century 21 River County, dished up "Angasal Riva," while Chad Peterson, a cardiac rehabilitation specialist from Mercy Hospital, prepared a side salad at the Grayling Regional Chamber of Commerce's Men Who Cook Dinner held at the Officer's Club at Camp Grayling on Saturday. Over \$1,400 was raised from the dinner, and will go toward expenses for the AuSable Canoe Marathon River Festival weekend.

'Poppy Days' sale is rich in tradition

by Matt Seager
Staff Writer

The Grayling branch of the American Legion Auxiliary will be adding an extra dash of color to the city on Thursday, Friday and Saturday of this week as they conduct their annual "Poppy Days" sale in front of Glen's Market. Volunteers from the organization will be selling hand made, crepe paper poppies in continuance of an American tradition that began 85 years ago.

"It's a reminder of our dead," said Greta Chapp, chairperson of the Poppy Days drive. The poppy has been a symbol of fallen soldiers since the end of World War I. Poppies grew around the massive graveyards of the allied soldiers who died on the fields of France and Flanders.

The link between the poppies and the dead soldiers was solidified by Colonel John McCrae, a Canadian who served on the Western Front in 1914. In his poem, "In Flanders' Fields," published in 1919, he wrote of the flower:

"In Flanders' fields the poppies blow. Between the crosses, row on row."

When soldiers returned home from the war, they brought memories of the poppy laden fields with them. By 1920, the American Legion had adopted the poppy as its official memorial flower. The American Legion Auxiliary followed suit the next year. Additionally, the flower came to be used as a reminder of veterans who were still living but had been permanently disabled by the devastating effects of war.

In the following years, the two companion organizations instat-



American Legion Auxiliary junior members Hannah Smith, age 14 (left) and Ann Hamlin, age 11, show off a poster they made to promote this year's poppy sale. They are the newest generation of participants in an 85 year old tradition.

ed a yearly poppy sale to benefit disabled veterans and their families. By 1924, the women of the Auxiliary took on the sole responsibility of distributing the poppies.

The paper flowers are made by disabled veterans living in hospitals. They are paid to craft the flowers, and they generally appreciate the break from the monotony of the hospital routine. All money from poppy sales goes to disabled veterans and their families, including soldiers who have been seriously injured in recent conflicts such as Afghanistan and Iraq.

"I've had four brothers, two brothers-in-law, my husband and nephews in the service, so it's very important to me to help these veterans," said Chapp.

"Most everyone buys a poppy, especially when they know what it's for," said Chapp.

Additional bike routes developed

by Dan Sanderson
Staff Writer

Michigan Department of Transportation officials are using the City of Grayling as a model to show how to make a community bicycle friendly.

MDOT planners are working with the City of Grayling's bike path committee to form designated bike paths which will allow residents to travel safely around the town and travel to Crawford County's paved pathways.

Work crews on Tuesday began painting designated bike lanes on roads where residents can travel.

The city's bike path committee, which was formed last fall, has been studying options where additional paved paths could be developed in the community or where connections and bike routes can be made using existing infrastructure.

MDOT has obtained federal funds to complete some of the initiatives.

"The city is going to become sort of a teaching tool for engineers," said Dave Sabin, the city attorney and chairman of the bike path committee.

Sabin said grant funding is being sought to develop a paved



Photo by Dan Sanderson
Work crews painted markings to designate bike lanes along Michigan Avenue on Tuesday.

bike path near Mercy Hospital and the Grayling Fish Hatchery. He said the path may be done in conjunction with a planned boardwalk beautification project

along the AuSable River.

"Once we get that fundamental planning done, we can move forward with other parts of the project as time goes on," Sabin said.



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ISSUES AND OPINIONS



ALMANACK

by Richard L. Milliman

Local schools search for ways to get by

IN THESE DAYS of ongoing dollar crises, no activity of government seems to have enough money to keep up with growing problems.

Local school districts head the needs list in many areas.

In the far western reaches of Michigan's Upper Peninsula, leaders in four local school districts are looking for some rather novel ways to make ends meet — such as cooperating with neighbors.

According to an Associated Press report, all four districts ran deficits in the 2003-04 school year. Three of them — Bessemer, White Pine and Ironwood — also expect deficits for 2004-05, while the fourth neighbor, Ewen-Trout Creek Consolidated Schools, has budgeted a small surplus.

All four local districts are in the Gogebic-Ontonagon

Intermediate District, which is losing population.

Problems are obvious. Solutions are elusive.

AP reported that leaders of the four districts have been discussing their money problems with the Michigan Department of Education, and with each other. Possible cooperative deals have been encouraged.

* * *

SHARING PROGRAMS is under study. Sharing teachers for certain courses, such as languages, music and art, has been suggested. Video links to classrooms among the schools are being explored. Broader ties with Gogebic Community College are possible.

Ironwood, which borders Wisconsin, is looking at an integrated bus system with a neighboring Wisconsin district.

Consolidation is always a pos-

sibility, but allocation of existing debt among consolidating districts often is an insoluble obstacle, along with loss of long-standing independent identities and the end to historic athletic rivalries between neighbors.

It is encouraging, however, that local school districts are tackling local problems, and trying to find local solutions through neighborhood cooperation.

Earlier this year in the Vanderbilt school district in the northern Lower Peninsula, more severe cost cutting was applied when Supt. Ellen Bonter resigned to free up her \$78,500 salary to ease a budget shortfall, and suggested her job be combined with a principal's position. The board agreed.

Hopefully the new administration about to be installed at the State Department of Education will be helpful to other struggling

local districts.

Answers to local school problems are not always found in Lansing, either in the state department of education, the legislature, or the governor's office.

They all can help, of course, but they should never hinder local control of education.

* * *

BILL GATES — One of the world's richest men unloaded a couple of barrels at high school education during a national governor's meeting recently, according to a New York Times column.

"American high schools are obsolete," claimed computer pioneer Bill Gates, according to the Times column.

"By obsolete, I don't just mean that our high schools are broken, flawed and underfunded By obsolete, I mean that our high schools, even when they are working exactly as designed,

cannot teach our kids what they need to know today....

"Training the work force of tomorrow with the high schools of today is like trying to teach kids about today's computers on a 50-year-old mainframe.... Our high schools were designed 50 years ago to meet the needs of another age. Until we design them to meet the needs of the 21st century, we will keep limiting — even ruining — the lives of millions of Americans every year."

Wow! Using Mr. Gates' logic, local school leaders can put balancing budgets every year on the back burner, and start the redesigning process. Education always should be open to new and developing ideas, and guard against the possibility of obsolescence, in subject matter as well as style.

If the sole purpose of high

school is to prepare young people to enter the work force, maybe there's merit in the Gates thesis; but in my view, that's only a small part of what high school is all about.

High school years are the most important period in anyone's personal development, too, as well as an introduction to broader horizons of life and living, including the tantalizing possibilities offered by further education.

Despite Bill Gates, computers are not all that everything is about at least not yet.

It will be a sad day when and if they become so.

#

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

EDITOR

Our community should know the accomplishments of our graduates

To the editor:

On Sunday, May 1, 2005, a wonderful celebration was held in Grayling. It was the Grayling High School 2nd Annual Alumni Hall of Fame Induction Ceremony. I watched the paper for some news and photographs of this event — both before and after, but not one word or picture was published.

Our paper covers a lot of news and many events, but it is my opinion that both the story of this very special event and the names of these former students deserved a place on the front page along with what they have accomplished.

In two years, over 30 students have been honored. Next year there will be more. They all graduated from Grayling High School. Their fields of endeavor cover Arts and Communications,

Let the kids play

To the editor:

Recently the nine-foot basketball hoops at Grayling Elementary School were taken down. Now, the kids have nothing to do after school and homework. There is no teen center or sportsplex to go to, yet there is a porn store. So, what's next? Are

Business Management, Marketing and Technology, Engineering/Manufacturing and Industrial Technology, Health Services, Human Services, and Natural Resources and Agriculture.

These are "our kids." Some of them live as far away as New Zealand. Some have gone far afield and returned "home" to follow their dream, practice their skill, raise their families, and enjoy the area where they grew up.

Our community should know what great things our graduates can and have accomplished. Our community should be aware that our students can compete and win along with students from any other school.

Betty Bennett
Grayling

you going to take the playgrounds away from the little kids?

Our kids love playing basketball at the school, so put them back up and let them play.

Dawn Minard
Grayling

Litter in woods too big and too numerous to keep up with

To the editor:

I live near Grayling and like to walk through the woods and enjoy the changing seasons. At least I did enjoy it until some people who think it is their God given right to pollute the land, began dumping everything but the kitchen sink in the middle of the woods. (Correction: I think I saw a kitchen sink there too). It began to look like Hiroshima after the bomb.

My husband and I tried to pick up some of the mess, but the items were just too big and too numerous for us to keep up with. I called the DNR hoping they could help me, but it seems the slobs are striking all over northern Michigan and apparently they outnumber those who actually care about the land around us. The DNR said they were trying to get the dumps cleaned up, but were way behind.

I stopped walking in the woods, because it depressed me to walk on beer cans, pop bottles, and some items too nauseating to name. It angered me to have to give up something I enjoy, because brainless, uncaring peo-

ple can't tell the difference between landfills and public forests.

I decided to try one more time to walk through the woods to see if any new horrors had been added to the collection. To my surprise, some of the big items: a car, a pick-up bed, etc., had been removed by some forest angel who does care. I want to publicly thank whoever put forth time and money to pick up the mess. They should be commended. However, there is a down side to the story, the trolls have revisited the scene of their junk orgy and left more calling cards.

Just a note to the slobs who litter, that is putting it mildly, the public's land. One of my most heartfelt hopes is that you will be caught during your dumping and get your hinnies fined to the hilt. A little jail time would be good also, and maybe a stint cleaning up the mess you made. I'm watching for you. Sooner or later someone will see you and do what's right by turning you in. I hope it's soon.

Carolyn Rowe
Grayling

They don't seem to worry about the working man

To the editor:

"They do the jobs that Americans don't want to do." What jobs? What Americans? I know of no job that some American wouldn't be willing or able to do to earn a living and feed and care for their family. I am in favor of legal immigration and the use of labor permits. It's the flood of illegals taking jobs and lowering wages for American citizens that worries me.

If I was starting a family today, I would be truly worried. With the loss of jobs, low wages,

jobs leaving America, drugs, gangs, gas prices out of control, insurance prices sky high, goods in stores not made in America, and what ever you do, don't get sick or hurt. The ACLU, the ECO people, and the P.C. Groups do much harm to the U.S. not on purpose, but they don't seem to worry about the working man as they do other things. They take away jobs and the pride in doing a job. And you can't say God out loud anymore.

Richard Bulley
Grayling

The opinions expressed in the letters and columns on this page are solely those of the writer and do not necessarily reflect the views and opinions of The Crawford County Avalanche.

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required to assure the sawyer does not lose a days worth of work because of last minute cancellations. The contract may also contain certain conditions that may need to be met by the landowners before the sawyer can begin their work. Landowners may need to skid and stack their logs at a central location or landing site that is easily accessible to the sawyer. Logs may need to be relatively clean of dirt and debris and checked with a metal detector prior to the sawyer milling the logs to insure that nails or other objects will not damage the blade. Landowners may be required to pay for damaged blades.

Finally, the landowner may be required to assist the sawyer with moving heavy materials or other duties needing more than one person to accomplish. The landowner should make sure that the sawyer and their operation is insured or will be covered by the landowners homeowners insurance before milling begins. The agreed price and landowner responsibilities along with proof of insurance should be contained within the contract.

Landowners having their own lumber milled should find the task both fun and fulfilling. Selecting trees to be harvested will increase the landowner's knowledge of their property and what is required for a healthy sustainable forest. The lumber provided by the landowner's trees would be used for projects that over time will become treasured heirlooms with a story behind them. The portable sawmill has allowed the true do it yourselfer to mill their own lumber and save money.

The Crawford-Roscommon Conservation District will be hosting a portable sawmill demonstration at: 5580 West Emery Rd., Prudenville, at 11 a.m. on May 21. Hotdogs and lemonade will be provided.

Landowners wanting a list of sawmills and sawyers operating in the area or help in evaluating and selecting harvestable trees on their property should contact the Conservation District at (989) 275-5231.

VIEWPOINT

By Chris Nieman, Crawford/Roscommon Conservation District Forester

Portable sawmills cutting the cost of lumber

Any "do it yourselfer" who has walked into a lumberyard knows the price of lumber has gone up considerably in the last five years. Recently there has been more development thus increasing the demand and price for construction materials. Many people try and save money by doing their own projects but often overlook saving money spent on construction materials. Landowners with 5 to 10 acre parcels can easily harvest enough timber from their lots to provide them with years of home project lumber.

Until recently milling your own lumber has never been a real option. Small traditional site mills providing this type of service have been scattered but the problem lies within transportation of the logs to the mill and the lumber back to the landowner. Portable sawmills have made the task more appealing to landowners. The mill can be brought to the job site, set up and then taken down and stored after the work is done. There is no longer a need to find transportation for hauling heavy logs and lumber to and from the job site. Portable sawmills are made up of a small engine and either use a circular or band saw blade. There are many portable sawmills on the market that range in price from \$3,000 to \$30,000, depending on size and the number of gadgets attached to the mill. Extensions can also be purchased to allow the mill to handle longer logs. Most landowners however will find hiring a sawyer or mill operator to mill their lumber more cost effective than purchasing their own mill.

Landowners looking into having their own lumber milled for them may have to enter into a contract with a sawyer. Most sawyers charge by the board foot. A board foot is a piece of lumber measuring 12" by 12" by 1", the standard charge rate is around \$300 to \$400 per 1,000 board feet. Hardwood or custom cutting may increase the price per board foot or hour. Mileage to and from the job site may be charged.

A deposit may also be

COMMUNITY NEWS BRIEFS

Bicycle Safety Rodeo to be held

The 8th annual Bicycle Safety Rodeo for children grades Kindergarten through Fifth will be held by the Crawford County Sheriff's Office on Saturday, May 21, in the parking lot of the AuSable Primary School from noon to 2 p.m. A parent must accompany the participating child. For more information call Tim Bassett at 344-3214.

Low cost vaccination clinic to be held

A low cost pet vaccination clinic will be held on Saturday, May 21, at 10 a.m. until? Rabies vaccinations are \$10. Have your pet microchipped for \$20. Call 348-9178 for an appointment.

GHS to host Seniors Honors Night

Grayling High School will host its annual Senior Honors Night on Thursday, May 19, at 7 p.m. in Grayling High School's Joseph Stripe Auditorium. The program is being sponsored in the evening to give parents, relatives, friends and members of the community the opportunity to share in the honors being bestowed upon this year's graduates. The achievements of the members of the 2005 graduating class will be recognized through local and college scholarships, citizenship awards and a variety of academic awards.

Antique Appraisal Fair

There will be an Antique Appraisal Fair on Saturday, May 21, from 2 p.m. to 6 p.m. at the Devereaux Memorial Library, 201 Plum St., Grayling. Bring up to two carriable items to be evaluated for a donation of \$5. No appointment necessary.

'Click It or Ticket' campaign to start

Sheriff Wakefield wants to remind the general public that the Crawford County Sheriff's Office will once again be participating in the Office of Highway Safety Planning's safety belt campaign scheduled for May 23 through June 5, titled "Buckle Up or Pay Up!" - Click It or Ticket.

MARSP to hold spring conference

The spring conference for the Michigan Association of Retired School Personnel will be held on Thursday, June 9, at the Knights of Columbus Hall, off Wilkinson Road, Gaylord. Luncheon cost is \$14 for members/ \$24 for non-members. Director Bonnie Carpenter and President Ernie Dear will be the guest speakers. Call Gayle at 348-5945 for registration.

Animal Shelter Board to meet

The Animal Shelter of Crawford County's Board of Directors will meet Thursday, June 2, at 6 p.m., at the Gray Rock Cafe on Industrial Drive in Grayling, to discuss building a new shelter facility, grant progress, fundraising, and more. Members are highly encouraged to attend. The public is welcome.

Contracts available for Gypsy Moth spray

Howard Taylor of H. T. Productions, Inc. has made arrangements for aerial spraying for the control of Gypsy Moth in Crawford County. The cost of spraying this year is \$250 for the first ten acres and \$22 per acre for each acre after ten. Neighbors may go together and form one block, however payment must be made at the time of contract. The offices of H. T. Productions, Inc., 6771 S. Military Rd., Grayling, will be open from 1 p.m. until 4 p.m., May 21, and 8 a.m. until noon, May 23 and 24, to write Gypsy Moth Spray Contacts.

Mt. Hope to host gospel quartet

The Calvarymen, the Gospel Quartet referred to as "Michigan's Goodwill Ambassadors," will be performing at Mt. Hope Lutheran Church on Sunday, May 22, at 4 p.m. The concert is free and the public is welcome. Mt. Hope Lutheran Church is located at the junction of Old 27 and M-93, north of Grayling near the high school.

Eagles to hold fish fry

Starting in June the Eagles Fish Fry will be held on the first Monday of each month at 4:30 p.m.

Scouts flower sale to be held

Boy Scout Troop 979 will be holding their annual flower sale between Rochettes and The Medicine Shoppe parking lot, Saturday, May 21, 9 a.m. - 5 p.m., and Sunday, May 22, 10 a.m. - 4 p.m. A variety of annual flowers will be available.

Square and Round dance festival to be held

The Northwest Michigan Spring Square and Round Dance Festival will be celebrating its 50th Annual Festival this year. It will begin at 6:45 p.m. on Friday, May 20, and continue through Sunday, May 22, until 4 p.m. at St. Francis High School, 123 East 11th Street, Traverse City.

Nationally known square dance callers Ron Libby of Lady Lake, Florida and Darryl McMillan of Decatur, Alabama will be featured. Round dance callers will be Anne and Charles Brownrigg of San Antonio, Texas.

There will be workshops in the mornings and afternoons, both Saturday and Sunday for the dancers, and dancing Friday and Saturday nights until 11 p.m. There will also be a dance Sunday afternoon.

"Square dancing is fun! People from all walks of life and all ages enjoy it. It is also very good physical activity," said Marlene Stokes, events organizer. "Square dancing is an international activity, and there are clubs in all parts of the world. All square dancing is called English."

Anyone interested to come and observe the dancing and colorful

Lovells Historical Society celebrates Memorial Day weekend

The Lovells Township Historical Society will celebrate its annual Memorial Day weekend with a variety of exhibits and activities at its museums and grounds, 8405 Twin Bridge Road in Lovells Township on Saturday and Sunday, May 28 and 29, from 10 a.m. to 4 p.m., and on Memorial Day, May 30, from 10 a.m. to 2 p.m.

Two current and continuing exhibits will be open to the public: The History of Big Creek Lodge in the log museum and The History of Life at the

Cancer survivors invited to celebrate at annual picnic

The 18th Annual National Cancer Survivors' Day celebration picnic will be held Sunday, June 5, on the spacious front lawn of historic Building 50 at 11th and Elmwood streets in Traverse City.

Anyone who has ever been diagnosed with cancer and their families is invited to join the festivities that begin at 1 p.m. and continue until 3 p.m. The picnic is sponsored by Munson Medical Center's Cancer Services.

Rock, Gospel and all that Jazz

The Michelson Choirs will present an upbeat new rock 'n roll, gospel and jazz arrangements of sacred favorites on Sunday, May 22 at 4 p.m. Area entertainer and vocalist Carol Lovely will be featured on a driving Michael Barrett arrangement of Leaning on the Everlasting Arms that combines an improvisatory gospel solo with a rocked up version of the hymn. Soprano Sue Sharp will present a soulful and heartfelt medley of Spirituals in a jazz/blues style arranged by Mark Hayes, well known composer and arranger of contemporary Christian music and often sought clinician, orchestrator and record producer. The music of another contemporary arranger, Craig Curry, will be performed by pianist Jill Scarzo along with husband Tony Scarzo on drums. Craig Curry's music is especially jazz-flavored, ranging from a slow, bluesy Near the Cross to an outrageous Rock of Ages.

Backed up by the talents of Debbie Hadley (piano and keyboard), Tony Scarzo (drums), Brian Ashton (bass) and Storm Shriver (alto saxophone) the Chancel Choir will also perform

RAFFLE WINNERS

Grayling Youth Booster Club

The 50/50 raffle winners for May 15 of \$25 each: Stan Rozicki, Val Priebe, Kelly Cooper, and Mike Higgins.

Project Graduation

The "Lucky 300 Club" raffle winner of \$100 for the week of May 13 - Sally Papendick.

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Page 5A -- AVALANCHE -- Thursday, May 19, 2005

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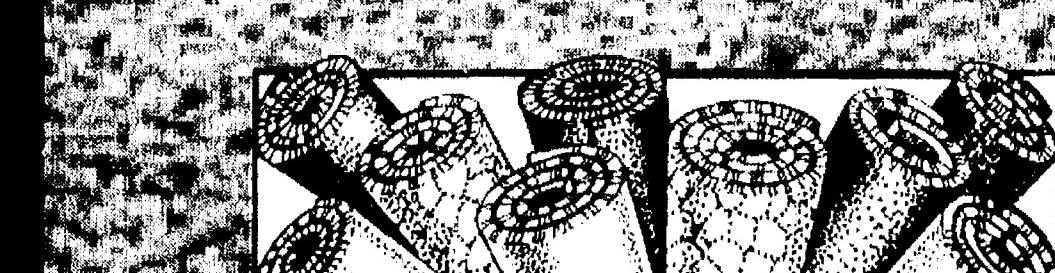
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The Bible Speaks

Choosing Life or Death?

We studied Bible prophecy which made it clear that the end of this age will be characterized by an increase in sexual perversion and violence. God has given each generation a choice between the way of life and the way of death. We repeat to you God's words in Jeremiah 21:8: "And unto this people thou shalt say, Thus saith the LORD; Behold, I set before you the way of life, and the way of death." Today America is facing a conflict in which a culture of death is threatening our right to life.

The "way of life" is clearly revealed to us in the Bible. The "way of death" is clearly found in the Humanist Manifestoes which promote sexual perversion, abortion, suicide, and euthanasia. God challenged us through Moses in Deut 30:19 to make the right choice: "I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both thou and thy seed may live" God warned us in Deut 30:15: "I have set before thee this day life and good, and death and evil." So when we

choose to obey God we choose life, blessing, and good from God's hand. And when we reject God we choose death, cursing, and evil upon us and our posterity.

The way of life is also the way of righteousness. God says in Pro 12:28: "In the way of righteousness is life; and in the pathway thereof there is no death." "God reminds us in Pro 14:34: "Righteousness exalteth a nation; but sin is a reproach to any people." Some nations have made the wrong choice as we read in Jer 8:3: "And death shall be chosen rather than life by all the residue of them that remain of this evil family, which remain in all the places whither I have driven them, saith the LORD of hosts."

A growing number of people in America have been making death their choice to avoid facing the wages of sin. Abortion became the choice of the guilty by slaying the innocent to destroy the physical evidence of their sin. Since we have allowed millions of innocent human beings to be killed by abortion, our hearts have been gradually hardened to the moral issues of life and death. The Terri Schiavo story

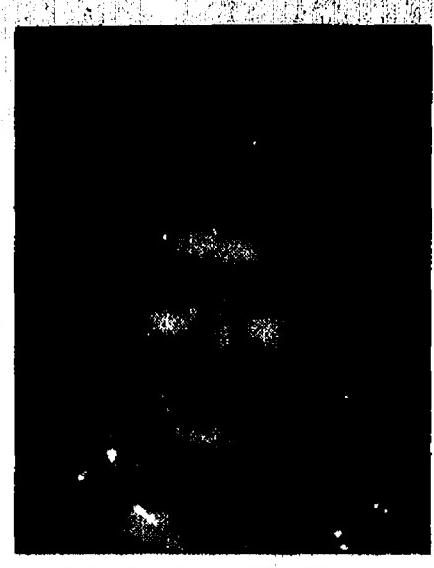
exposed our growing divide over life and death in America. Once we accept the culture of death for one class of people, it becomes easier to expand that culture beyond abortion to suicide and euthanasia.

Once we abandon our right to life as a God-given unalienable right upon which our nation was founded, we also endanger our unalienable God-given rights to liberty and property. When government starts violating this sacred trust, we are definitely on the slippery slope leading to national destruction.

In light of 2 Cor 2:15, 16, it is our duty to publicly share with you the eternal importance of these issues. "For we are unto God a sweet savour of Christ, in them that are saved, and in them that perish: to the one we are the savour of death unto death; and to the other the savour of life unto life. And who is sufficient for these things?" Please choose Jesus Christ, His word, His life, and His liberty! Pastor "B"

The Bible Speaks is a paid advertisement and does not necessarily reflect the views and the opinions of the Crawford County Avalanche.

OBITUARIES

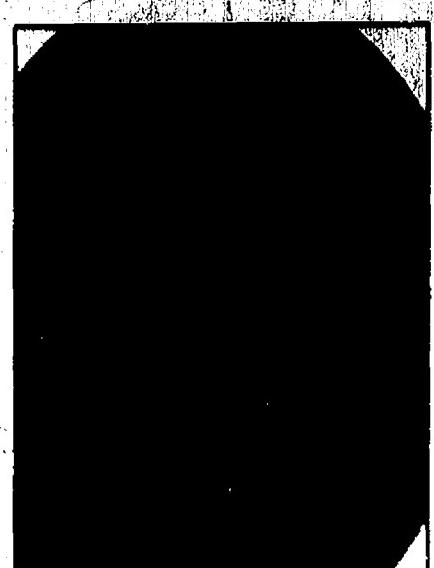


Linda Lou (Failing)

Slocum

April 14, 1939 - March 12, 2005

Linda Lou (Failing) Slocum, 65, of Punta Gorda, Florida, died on Saturday, March 12, 2005.



Sue M. Warren

Sue M. Warren, 67, of Farmington Hills, died May 15, 2005.

She was the former owner of the A&W in Grayling.

She is survived by daughters, Marie (Charles) Quigley, Carol Rivers (Dean Walker), Jody (Fred) Steinkopf; sons, Charles (Nancy) Rivers, Michael Warren; grandchildren: Matthew, Katelyn, Stephanie, Daniel, Emily, Carly and Jolie.

She was preceded in death by her husband Charles Warren and son James Rivers.

Funeral services were Tuesday, May 17, 2005, at the Heeney-Sundquist Funeral Home. Memorial tributes in Sue's memory are suggested to the Michigan Humane Society.

Arrangements by Heeney-Sundquist Funeral Home, Farmington.

Frank J. Arleth

Oct. 15, 1941 - May 11, 2005

Frank J. Arleth, 63, died on May 11, 2005. He owned and operated Arleth Land Survey in Roscommon.

Funeral services were held on Saturday, May 14, at St. Michael's Catholic Church. The burial was at Interment Gerrish Township Cemetery in Roscommon.

Arrangements by Walsh Funeral Home, Roscommon.

Burrell Vollmer

Sept. 25, 1925 - May 10, 2005

Burrell Vollmer, 79, of Frederic, died on May 10, 2005. Burrell was born on September 25, 1925, in Saginaw to William and Emma Vollmer. He married Gladys on October 29, 1949.

He is survived by sons: Bob (Cathy) Vollmer, of Grayling; Ben (Darlene) Vollmer; Don (Janis) Vollmer; and Dan Vollmer, all of Gaylord; sisters, Louise Waterford, of Frederic; and Waneeta Fauver, of Saginaw; brother, Nelson Vollmer, of Dearborn; grandchildren: Benjamin Vollmer, Michael Vollmer, Samantha (Steve) Baumgras, Marianne Vollmer, Morgan Vollmer, Nicholas Vollmer and Alex Vollmer; and great-grandchildren: Hailey Vollmer and William Vollmer.

Mr. Vollmer was preceded in death by his wife; sisters: Evelyn Winistorf, Martha Bloomfield, Carol Schultz, and brother Junior Vollmer. Memorial services were held on May 13, 2005 at Sorenson Lockwood Funeral Home with Mark Sherfield officiating. Graveside service was held at Oakwood Cemetery, in Frederic.

Military Rites were accorded by the American Legion Post 106 and firing squad from Michigan National Guards from Camp Grayling. Arrangements by Sorenson Lockwood Funeral Home.

SENIOR CITIZEN NEWS

Join us for a meal, either at noon or 5 p.m. weekdays except Friday, there is no evening meal. Please try to call for reservations at (989) 348-7123 or 1-888-355-4500, so that we know how many to plan for.

This week's menu (lunch/dinner) and activities:

Friday, May 20 - Lunch - ravioli, tossed salad, broccoli, carrots, cottage cheese with apricots, melon balls. Dinner - meatloaf, peas and carrots, mashed potatoes with gravy, applesauce. 10 a.m. line dancing; 12 p.m. Lovells Satellite Meal; 1 p.m. Stagette Club and Pantry Bingo.

Monday, May 23 - Lunch - bratwurst in a bun, brussels sprouts, potato salad, mandarin oranges. Dinner - loaded baked potatoes with chili, broccoli with cheese sauce, Dump cake. 12 p.m. Stag Club; 1 p.m. Bridge Club; 5:30 p.m. Hangman.

Tuesday, May 24 - Lunch - open hot turkey sandwich, mashed potatoes with gravy, marinated carrots, Jell-O fruit salad. Dinner - teriyaki chicken, Uno-Attack.

The Crawford County Commission on Aging's Senior Center is located at 308 Lawndale, behind Burger King in Grayling. Walk-ins are welcome.

SHERIFF'S REPORT

Aug. 15, 1915 - May 9, 2005

Anthony Seperic died May 9, 2005. Funeral services were held on May 13, 2005 at Gorsline Runciman Company, Lansing. Burial was in Evergreen Cemetery in Lansing. Arrangements by Sorenson Lockwood Funeral Home.



Sunday - 1:00 pm

Grayling Eagles

Auxiliary #3465

Eagles Club 602 Huron

Grayling

Thursday

6:30 pm

American Legion Hall

Post 106 - Grayling

Crawford County Sheriff Kirk Wakefield reports his office handled the following 67 complaints the week of May 9 - May 15:

Seven traffic accidents, one traffic violation-civil infraction, one plan review, one motor vehicle vs school bus, six civil matter/family disputes, one suspicious situation, one lost and found property, one missing persons, 11 general non-criminal, four delinquent minors, two false

alarms, one criminal sexual conduct/sexual assault, three burglary/home invasions, one damage to property, 14 public peace/disorderly, seven health and safety, two miscellaneous arrests and three driving violation/driving while license suspended.

For more information, log on to: www.crawfordsheriff.org

MILITARY NEWS

Marine Corps Pvt. Chadwin D. Helsel, son of Cheryl A. and Kenneth L. Helsel of Grayling, recently completed 12 weeks of basic training at Marine Corps Recruit Depot, San Diego, Calif., designed to challenge new Marine recruits both physically and mentally.

Helsel is a 2004 graduate of Grayling High School of Grayling.

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Jeske, Thomas wed**Barber, Siglin engaged****FINANCING FOR EVERYONE!****Elizabeth Jeske and Matthew Thomas**

Elizabeth "Beth" Ann Jeske and Matthew Ryan Thomas were married October 23, 2004 at St. Anne Church in Linwood. The ceremony was officiated by Monsignor Jed Patrick.

Parents of the couple are Floyd and Denise Jeske of Negaunee and Rex and Karen Thomas of Grayling.

Melanie Kirkpatrick of St. Johns, stood with her friend as maid of honor. Bridesmaids were friends of the bride, Kate Hantz of Marquette, Laura Symons of Negaunee; cousins of the bride, Amy Martin of Auburn Hills and Karen Jones of Linwood; and Meghan Thomas of Grayling, sister of the groom. Flower girl was Hannah Thomas, niece of the groom and ring bearer was Travis Jeske, cousin of the bride.

Aaron Mead of Grayling stood with his friend as best man. Groomsmen were Kyle and

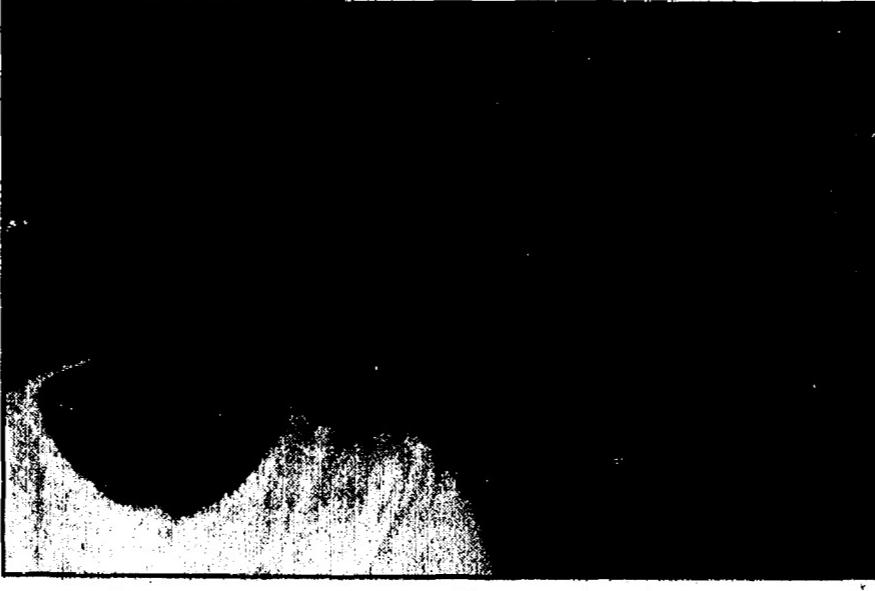
Damian Fleischmann of Grayling, and Keith Rutkowski of Uble, and John and Ben Jeske of Negaunee, brothers of the bride. The Usher was David Fleischmann of Grayling.

Vocalist and guitarist Dave Dehate, uncle of the bride, and trumpeter Nate Mann, friends of the couple, provided music.

The bride is a graduate of Negaunee High School and Northern Michigan University with a bachelor's degree in economics. She is employed at the Holiday Station store in Marquette.

The groom is a graduate of Grayling High School and attends NMU where he will graduate in 2006 with a degree in Media Productions and New Technologies.

After a honeymoon in Jamaica the couple is residing in Marquette.

**Jayne (Hoaglund) Barber and Rex Siglin**

The children and grandchildren of Jayne (Hoaglund) Barber of Grayling welcome Rex Siglin of Cadillac to the family and announce their recent engagement. Plans are underway for a November 12, 2005 wedding.

RANGE FIRING

Range firing is scheduled for the period May 19 - May 25, 2005.

The Range 40 Complex, Air to Ground, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.) will be conducting live and inert bombing operations by the Air National Guard during, May 19 - 20 and May 23 - 25.

The Range 40 Complex, located north of County Rd. 612, east of Sherman Rd., south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.). Small arms firing, May 20 - 21.

Small Arms Ranges located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and south of Portage Creek, May 19-22.

ARF Range located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and north of Portage Creek. May 21.

Range 15, located south of the main post, bounded on the west by Cadillac Rd. and on the east by Carrier Rd. May 21.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Due to

mobilizations or critical training requirements, the Post Commander may authorize mission-firing requirements beyond this time. This firing schedule is subject to change without notice to the public.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation. Grayling DNR telephone number: 989-348-6371. For further information, call 1-800-628-5820.

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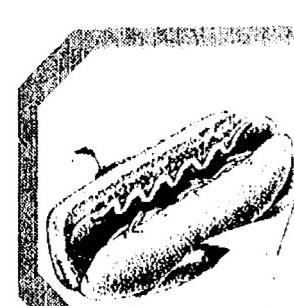
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Second Hall of Fame Class inducted

by Dan Sanders
Staff Writer

The Crawford AuSable School District recently inducted their second class into the school's Hall of Fame.

The Hall of Fame honors graduates from Frederic High School and Grayling School who have gone on to earn advanced education degrees and have become doctors, dentists, judges or have achieved some other significant accomplishment.

"We are very proud of our graduates," said Jim Tobin, the treasurer for the Crawford AuSable School Board of Education at the Hall of Fame induction ceremony. "We are honoring you for your accomplishments, not only to recognize you, but to hopefully inspire our Grayling High School students to reach for their dreams and to work hard to accomplish them. Our goal is to fill the walls at the Grayling High School with graduates who are inducted into the Alumni Hall of Fame."

Graduates inducted into the 2005 Alumni Hall of Fame were:

•Dr. Hans Andrews, class of 1956.

Dr. Andrews served as president of Olney Central College in Olney, Illinois from 1996-2002. Andrews was the Dean of Instruction at Illinois Valley Community College for 18 years. He also served as vice president of community and student services for Kellogg Community College. Andrews has authored five books regarding education.

•Dr. William Dean, class of 1977

After earning his degree in optometry, Dr. Dean participated in a humanitarian mission in Columbia, South America, providing eye care to the local people. From 1985 to 1988, Dr. Dean served as a captain in the United States Air Force at Vandenberg Air Force Base in California. He was selected chief optometrist at the 1st Strategic Hospital at Vandenberg Air Force Base, and also served as a contact lens consultant for the United States Air Force Surgeon General.

Since 1988, Dr. Dean has practiced optometry in Grayling and is a partner in practice at AuSable Eye Care.

•Dr. Nicole M. Ferguson, Class of 1994.

Dr. Ferguson attended Central Michigan University and received her Bachelor's of Science in 1998 and her Doctor of Audiology in 2002.

While at Central, Dr. Ferguson was granted the American Foundation of Audiology Fellowship for 1998-99 and was named CMU's Gerontology Student of the year. Dr. Ferguson was an audiology intern in Seattle, Washington, served her audiology residency in Tawas City, and is currently working as an audiologist in Saginaw.

•Dr. Karla Dosch Fisher, class of 1984.

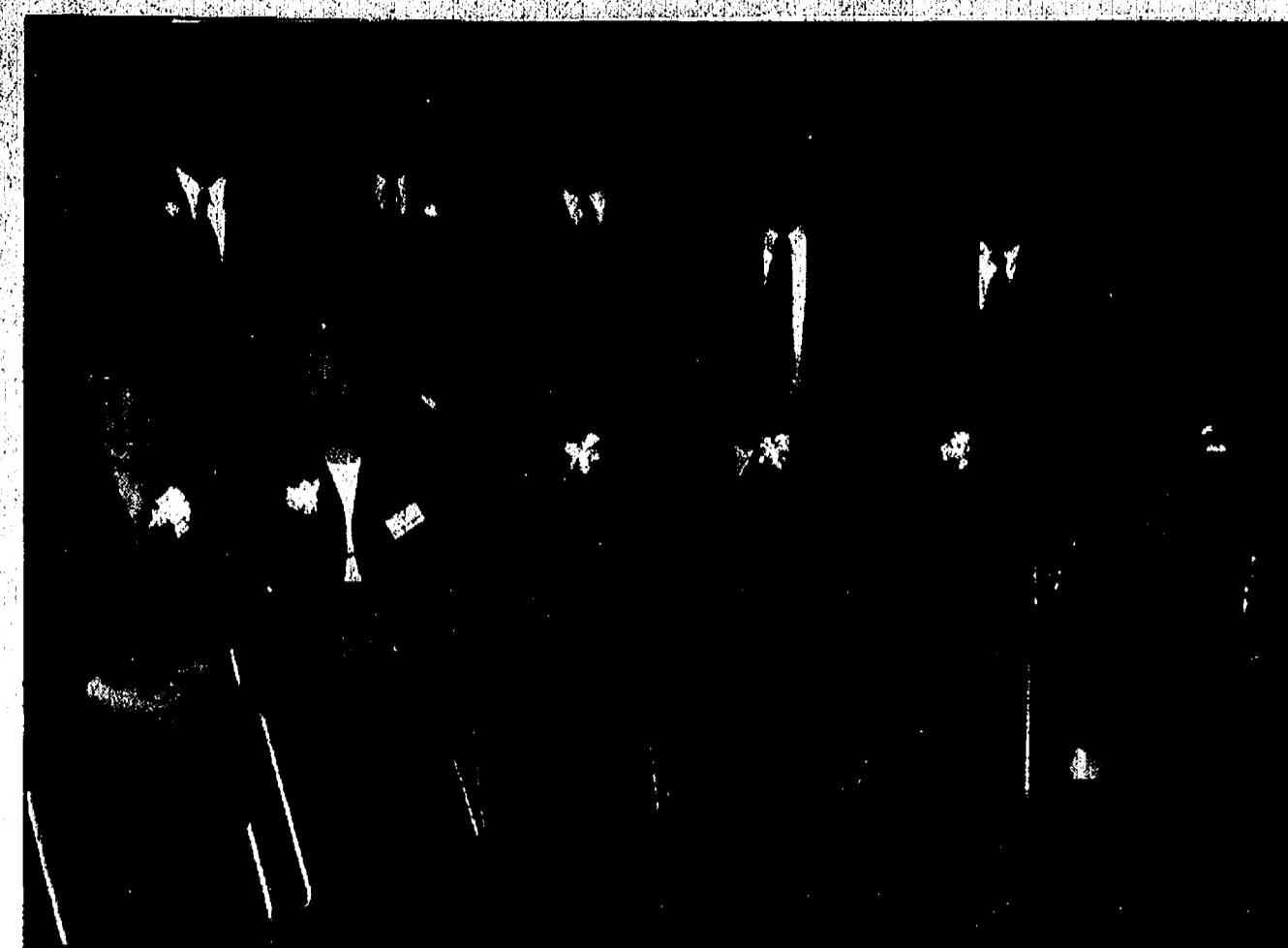


Photo courtesy of Crawford AuSable School District

The Crawford AuSable School District recently inducted its second class into the school's Hall of Fame. Pictured from left to right are, top, Dr. Karla Dosch Fisher, Mary Liz McNamara, Dr. Linda G. Knibbs, Dr. Dorothy (Doty) Latuzek, Dr. Kimberly R. McDonough, and Emil L. Kraus. Back row, Dr. William Dean, Dr. Oliver Wesley Hayes, Jeffrey C. Martinez, Dr. Hans Andrews, and Thomas F. Koernke.

Dr. Fisher received her undergraduate degree from the University of Michigan and her D.D.S. from the University of Michigan Dental School in 1992. From there, Dr. Fisher went to the University of Connecticut School of Dentistry for advanced education in general dentistry in 1993, and became chief resident in the Advanced Education of General Dentistry Department at the University of Connecticut in 1994.

Currently, Dr. Fisher is a general dentist with her husband, Dr. Donald Fisher, also a general dentist, in their own practice in Farmington Hills.

•Dr. Oliver Wesley Hayes, Class of 1969.

Dr. Hayes is currently the chairman of the Department of Internal Medicine in the College of Osteopathic Medicine at Michigan State University. He is also the Director of Quality Control at Ingham Regional Hospital. Dr. Hayes had a life changing experience when he became the Project Director for the Community/University Health Partnership. He has traveled to third-world countries, including Africa, Bulgaria, Mexico and the Philippines, and worked on partnerships between universities and communities to improve health care in these countries.

Dr. Hayes was in charge of a Bulgarian Project in Emergency Medicine, working with the government after the fall of Communism, to install pre-hospital care systems.

•Dr. Linda G. Knibbs, class of 1966.

Dr. Knibbs is president of Monarch Group, Inc. which is an information technology firm in Chicago that she established and is the sole stockowner. This is a multi-million dollar business and is a premier woman-owned technology firm in the Chicago area.

•Thomas F. Koernke, class of 1966, Frederic High School.

A partner in the Grand Rapids Law firm, Koernke & Crampton, Mr. Koernke is a Fellow in the Michigan State Bar Foundation and was a Member for two terms, for the State Bar of Michigan Judicial Qualifications Committee. He was also a co-author of "Comparative Negligence in Michigan," a book which was published in 1982 and supplemented in 1985. Mr. Koernke was also a member of the Alternative Dispute Resolution Advisory Committee for the U.S. District Court for the Western District of Michigan.

•Emil L. Kraus, class of 1934. Mr. Kraus was elected Judge of Probate for Crawford County and served in that capacity for 24 years. He also had a private law practice in downtown Grayling for over 41 years. While he was trained to practice law, retail trade also became a vocation for Mr. Kraus. He built and owned the Ben Franklin Store, Northland Department Store, and the Kraus Dry Goods Store in downtown Grayling. Later he built the Ben Franklin Family Center and Laurine's Department Store in the Grayling Mall. Both of these businesses stayed open for over 25 years.

•Dr. Steven J. LaGrow, class of 1968. Dr. LaGrow was the Outstanding Alumnus for 2003.

2004 in the Department of Blindness and Low Vision, at Western Michigan University. He is an elected member of the Academy of Blindness and Low Vision Studies in October, 2003.

Dr. LaGrow is also the first holder of the Royal New Zealand Foundation for the Blind Centennial Chair, established at Massey University in 1991 by the Royal New Zealand Foundation for the Blind. He also received an Award of Achievement in 1992 for the establishment of the first university program to prepare mobility specialists outside of the United States. Dr. LaGrow

Continued on Page 12A
See "SECOND HALL..."



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Sat & Sun 2:00 & 4:15

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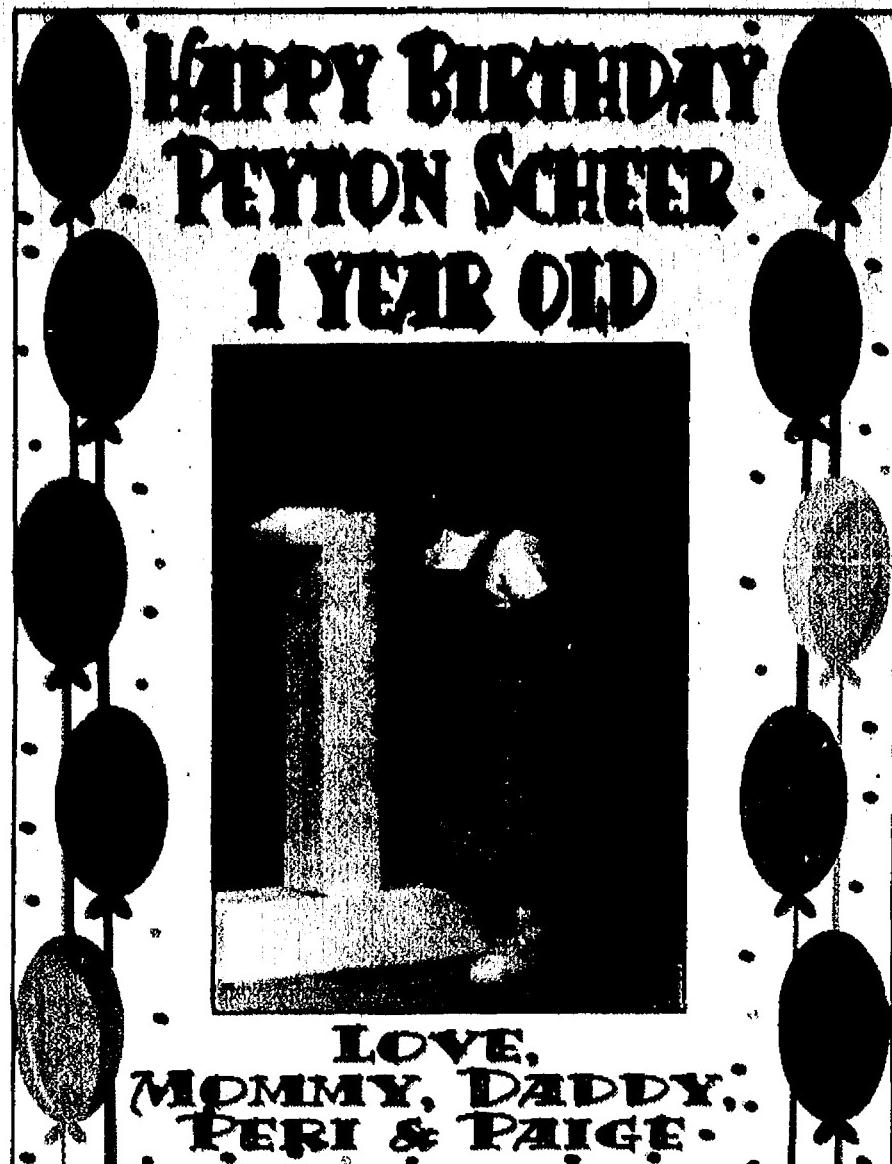
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Second Hall of Fame Class inducted

Continued from Page 11A
also served in the U.S. Navy from 1968 and 1972 and was awarded the National Defense Ribbon, the Vietnam Service Medal and a Combat Action Medal.

Currently, Dr. LaGrow is a Professor of Rehabilitation and Head of School, School of Health Sciences, at Massey University. He has been teaching in this area in university programs since 1978 at Northern Illinois and Western Michigan University.

Dr. LaGrow has published over 100 papers and two books and has made several presentations at national and international conferences.

•Dr. Dorothy (Doty) Latusek, Class of 1968.

Dr. Latusek has taught mathematics and science at the Diocese of Kalamazoo and in Gaylord. Since 1984 Dr. Latusek has held many different positions at Kirtland Community College. Currently, she is the Provost of M-TEC at Kirtland in Gaylord. She has owned and operated two businesses in Grayling from 1979-1990. Dr. Latusek has been a member of the Grayling City Council, the Housing Commission and the Chamber of Commerce of Grayling. She is treasurer on the River House Shelter Advisory Board as well as a member of the Rotary Club of Gaylord.

•Jeffrey C. Martinez, class of 1986.

Mr. Martinez taught English in rural Japan from 1992 to 1995. He then taught English in Chaing Mai, Thailand. Mr. Martinez moved back to the United States and currently lives in Atlanta, Georgia. He began working at Turner Broadcasting and is currently a supervising producer with Turner Studios Original Productions. His current project is a new make-over show called

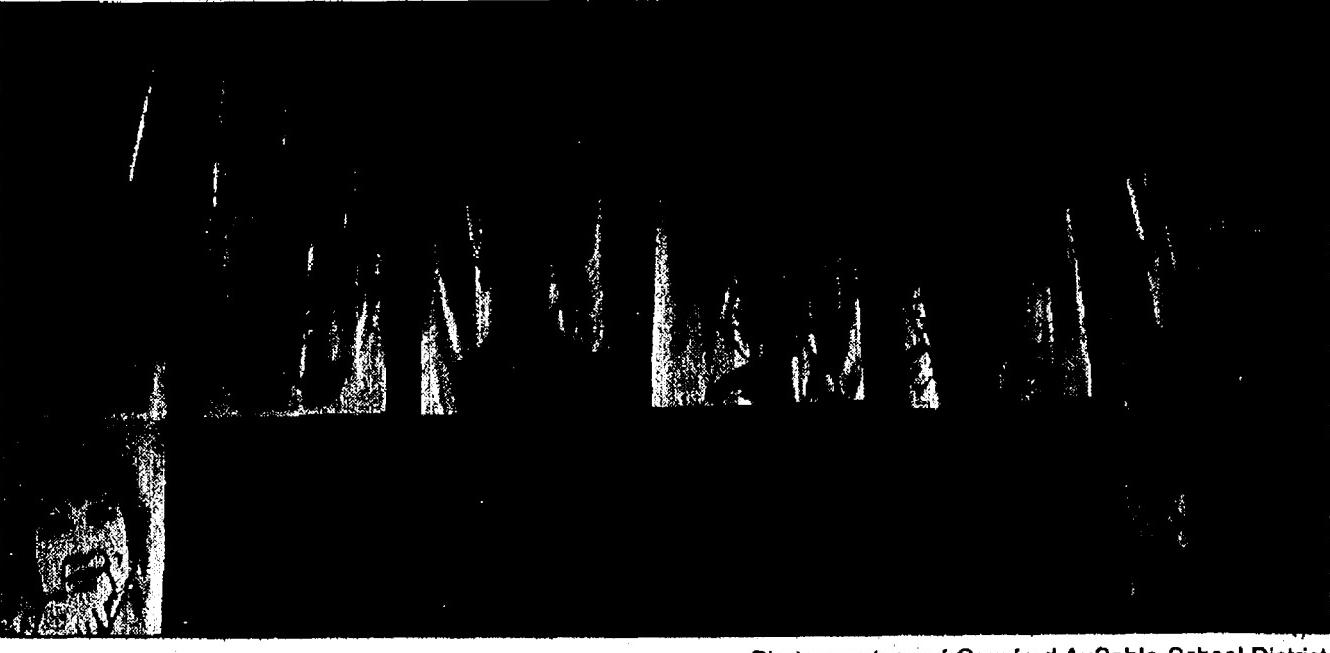


Photo courtesy of Crawford AuSable School District Students in Mark Binert's art class at the Grayling High School created portraits of the inductees from their senior pictures.

"Bushwhacked" which will premiere this summer.

Mr. Martinez is an Emmy Award Winning Writer/Producer. He won the 2003 Southeast Regional Emmy for the Best Entertainment Show "Liars and Legends." He won the 2003 Midsouth Regional Emmy for Best Documentary "The Disappearing South." Mr. Martinez was also nominated for the 2004 Midsouth Regional Emmy for Best Magazine Show entitled "Southern Living Presents."

•Dr. Kimberly R. McDonough, Class of 1987.

Dr. McDonough served as a research assistant in the Center for Language Education and Research at Michigan State University, where she earned her master's of Arts in 1998 in Teaching English to Speakers of Other Languages. She received her Ph.D. in Applied Linguistics in 2001 from Georgetown University, where she served as a research and teaching Assistant in the Department of Linguistics.

Since 2001, Dr. McDonough has been an Assistant Professor in the Division of English at the University of Illinois, Urbana-Champaign. In August of 2005,

Dr. McDonough will be an Assistant Professor of Applied Linguistics in the English Department at Northern Arizona University.

Dr. McDonough has made several presentations at conferences and workshops in many locations around the United States, as well as presenting numerous times in Thailand and Ontario. She has received many grants and awards and has been published in several research journals.

•Christopher T. Wright, class of 1982.

Mr. Wright, under the pen name Johnathan Rand, has authored 30 children's books with over two million in print. Mr. Wright started with the very popular "Michigan Chillers" series. Now, Mr. Wright is writing "American Chillers" and he will complete at least one for every state.

•Mary Liz McNamara, class of 1974.

Ms. McNamara is the clinical coordinator and senior cognitive rehabilitation therapist at the Neurobehavioral Institute of New Jersey.

Not only is Ms. McNamara recognized as a therapist, she

has also received awards for her original musical compositions. She was one of three finalists for the 2005 Nightlife Award for Musical Comedy, an award voted on by critics in New York for the previous year's best performances in the areas of cabaret, jazz and comedy. Her song "Bacon" won the 2004 Manhattan Association of Cabaret Award for best special material and her song "Haiku" was a finalist for the same award in 2003. She also received an ASCAP Plus award in 2004 in recognition of her songwriting.

Ms. McNamara was selected to perform in this year's sold-out ASCAP songwriter's evening as part of the Chicago Humanities Festival. Her songs are being sung by cabaret and theater artists across the country. She last performed as an actor in her own play, "Why I Quit the Theatre." Another of her short plays, "The Three Sisters, The Act" was produced in both New York and Los Angeles.

McNamara will be performing here in Grayling in September to kick-off the Entertainment Series, which is now sponsored by the Grayling Promotional Association.

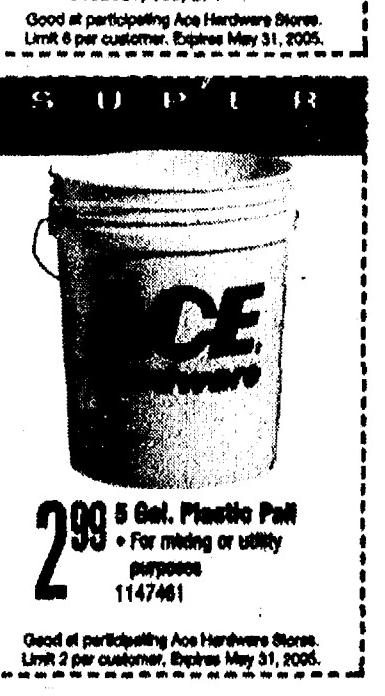
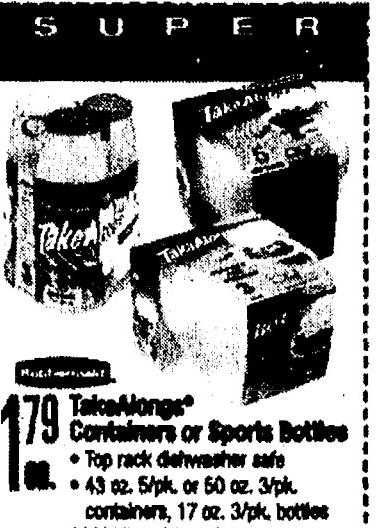
South Branch Township is developing its first community-wide Master Plan

South Branch Township, with the assistance of the Northeast Michigan Council of Governments, is developing their first Township Master Plan. The purpose of a Master Plan is to provide guidelines for future development, while protecting the natural resources, preserving the community character and

maintaining the sense of community. The Township Planning Commission will hold a series of planning workshops during several of their regularly scheduled monthly meetings. The public is invited and encouraged to participate in these workshops.

To date, background studies have been completed, including

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information on the social-economic characteristics, existing community services, natural resources and existing land uses. This background information will be analyzed to identify important characteristics, changes and trends occurring in the Township.

South Branch Township will be sponsoring a Public Forum on June 2 to gather input for establishing long and short term community goals and objectives. The workshop will be at the South Branch Township Fire Hall located at 5425 M-18, in the community of South Branch Township and will start at 7 p.m.

Input from Township residents is very important. The workshop will begin with an exercise to identify community assets to protect and problems that need to be addressed within the Township. Next, there will be a visioning exercise that will look 20 years into the future to identify desired ideal conditions within South Branch Township.

After goals and objectives have been established, the Future Land Use Plan component of the Master Plan will be developed. This component will represent the "preferred future" of how the community would like to grow. The plan will be based on the analysis of the environmental opportunities and constraints, existing trends and conditions, and projected future land use needs.

The planning commission will work on the master plan at several of its regular monthly meetings over the next year. The township planning commission meets the first Thursday of every month.

Residents are invited to attend and encouraged to participate in the Planning commission meetings.

For additional information on the master plan or times and dates of planning workshops, please contact South Branch Township at (989) 275-8232.



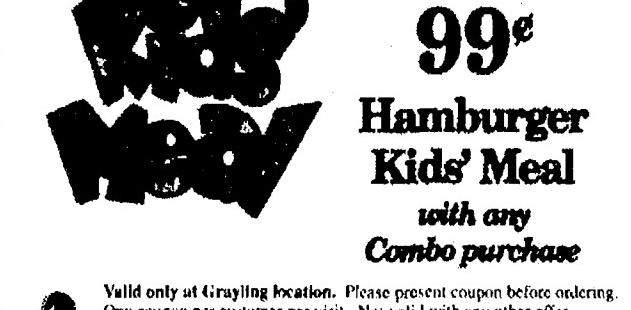
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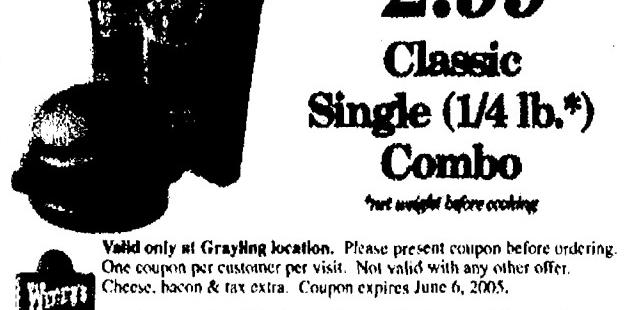
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Grayling sweeps Rams and Red Devils

Vikings blank Harbor Springs 2-0, 7-0

■ Softball team wins series vs. East Jordan 7-1, 5-3 on Monday

Grayling High School's varsity girls softball team swept East Jordan and Harbor Springs in doubleheaders last

week.

On Monday, the Vikings defeated the East Jordan Red Devils 7-1, 5-3 in a series at GHS.

Katie Baynham was the winning pitcher for Grayling in game one. She struck out four batters and allowed four hits.

Leading hitters for GHS were:

Angeanette Lovely, 2 for 3, 1 run scored; Jessica Henderson, 2 for 3 (1 double), 1 run, 2 stolen bases; Monica Peters, 2 for 2, 1 RBI, 1 steal.

In game two, Chelsea Wolcott was the winning pitcher for the Vikings. She struck out three and surren-

dered six hits.

Offensive leaders for GHS in game two were: Baynham, 2 for 3, 1 run; Henderson, 1 for 3 (double), 1 run; Heather Metzer, 1 for 2; Rachel Ward, 1 run, 1 steal.

"Jessica Henderson had her

Continued on Page 3B

See "GRAYLING..."



Photos by Caleb Casey

Katie Baynham pitches for Grayling in game one of last Monday's doubleheader vs. the East Jordan Red Devils.

Baseball team wins road series 7-6, 3-0

■ Vikings sweep doubleheader at Harbor Springs on Thursday

The GHS varsity baseball team swept the Harbor Springs Rams 7-6, 3-0 in a series at Harbor Springs last Thursday.

In game one, DJ Metzer was the winning pitcher for the Vikings. Derek Etzler pitched one inning in relief and picked up a save.

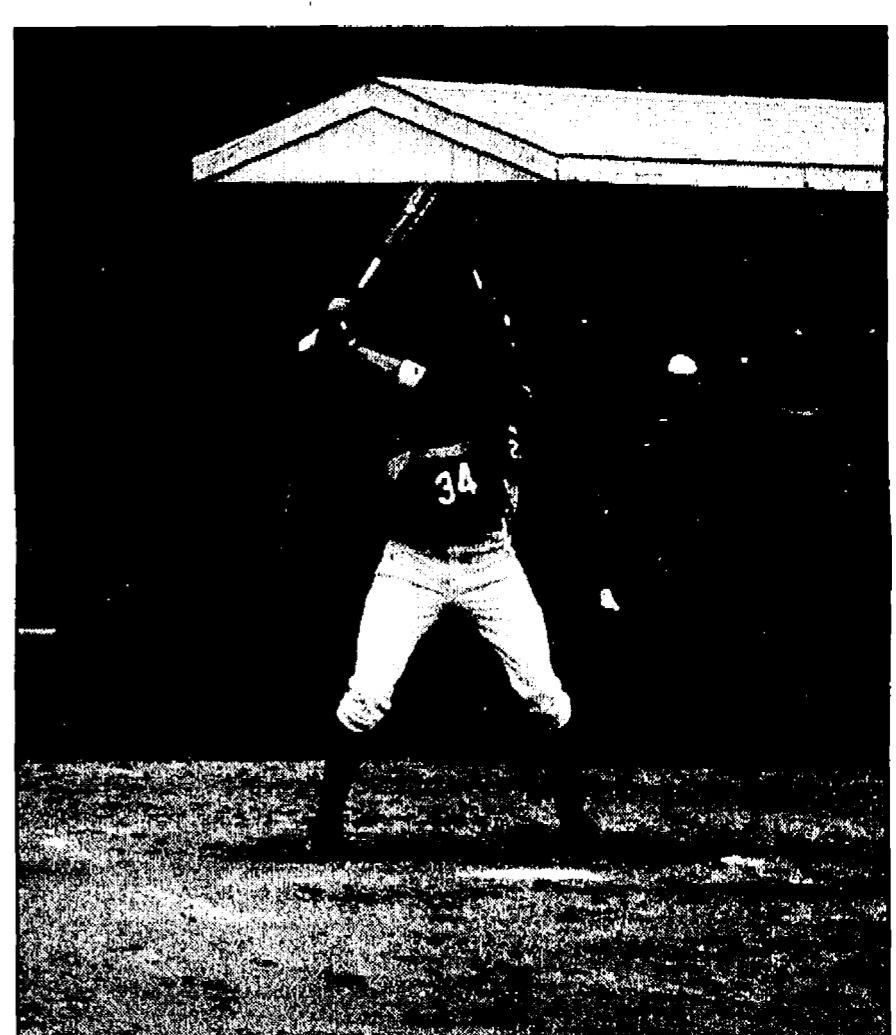
Leading hitters for GHS in game one were: Gibson Tobin, 4 for 4 (1 home run, 1 double), 2 RBI, 2 runs scored; Metzer, 2 for

4 (1 home run, 1 double), 3 RBI; Ryan Davis, 1 for 4; Josh Mastej, 1 for 3; Ronnie Johnston, 1 for 4 (double); JC Schneider, 1 for 4, 1 RBI, 1 run; Alex McNamara, 1 for 3; Derek Johnston, 1 for 3.

In game two, Etzler pitched a complete game shutout and picked up the win. He struck out six and scattered three hits.

Offensive leaders for Grayling in game two were: Etzler, 1 for 3 (home run), 1 RBI, 1 run; Tobin, 1 for 3, 1 run; Metzer, 2 for 3 (1 double), 1 RBI; Davis, 2 for 3, 1 run, 1 steal; Mastej, 1 for 3, 1 RBI; R. Johnston, 2 for 3.

Continued on Page 4B
See "BASEBALL TEAM..."



Ryan Davis bats for the Vikings against East Jordan on Monday.

OPENING DAY

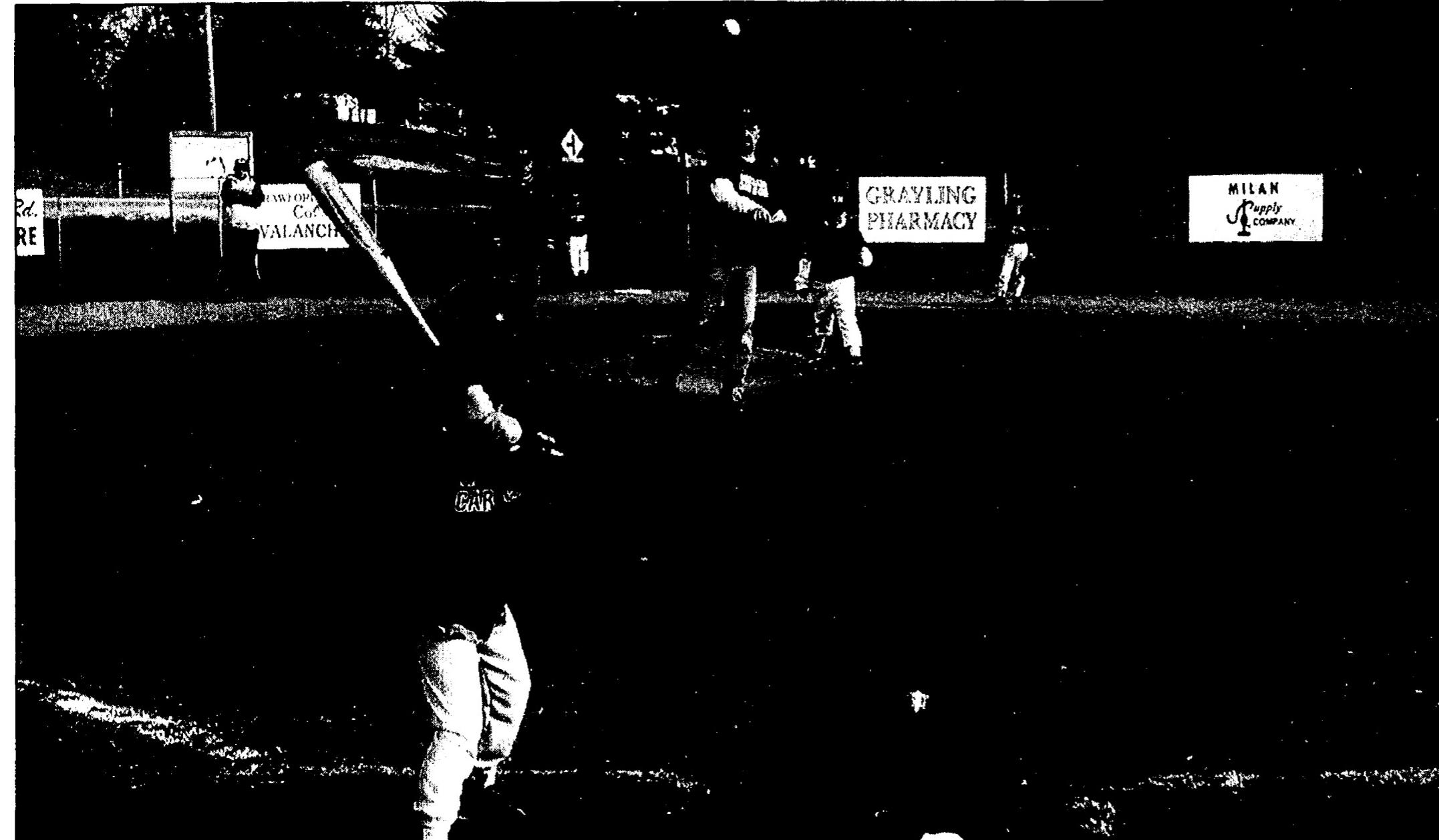


Photo by Caleb Casey

Grayling Car Care plays against Scott McNamara Ford on opening day (Monday, May 16) of Grayling Little League's 2005 season. The league will host a Home Run Derby event at Millikin/McNamara Field on Saturday, May 21. Registration for the 10-division competition starts at 10 a.m. and the derby begins at 11 a.m. Registration is free.

GHS golf team wins one, ties one

■ Vikings tie Bucks for course record at Bay View in Petoskey

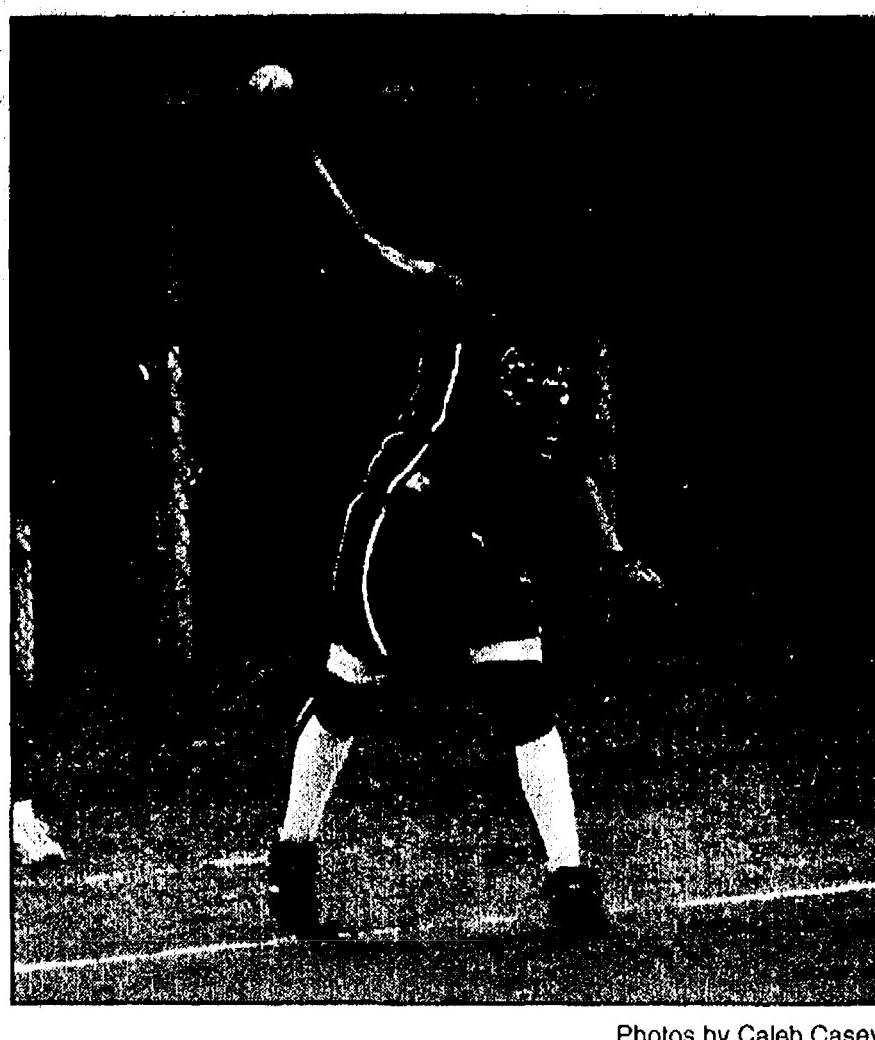
Grayling High School won last Wednesday's varsity girls golf meet vs. Traverse City Central 207-254 at Elmbrook Golf Course in Traverse City.

Scores for Grayling included: Abby Wheeler, 49 (1 par); Jessie Morley, 50; Mallory Olson, 53; Samantha LeMaster, 55; Kristi Calkins, 55 (1 birdie); Tracy Payne, 64.

"TC Central has a large golf team with four flights and an instructional squad. On Wednesday, the Vikings met their second flight and came out on top despite the largest challenge - weather. With cold temperatures and high winds, the girls had to adjust their game, particularly off the tee," Coach Rebecca Brown said. "Elmwood is a great course, though shorter than most we've played. It has rolling hills and high banks and Continued on Page 6B
See "GOLF TEAM..."



Monica Peters runs from second to third base in Monday's series vs. East Jordan.



Third baseman Heather Metzer throws the ball to first base after fielding a grounder.

Grayling sweeps Rams, Red Devils

Continued from Page 1B

bat going tonight. It's not often that you see a catcher that has a gun for an arm as well as the athleticism to bunt, hit for power, and be a threat on the base paths. She's a hard worker and that rubs off on her teammates," Coach Keri Brock said.

"It was really nice to get a couple league wins under our belt," Coach Brock added. "We've made some great improvements since the start of the season. Hopefully we can roll into dis-

tricts playing out best ball."

On Thursday, the Vikings won two more Lake Michigan Conference games with victories at Harbor Springs. Grayling defeated the Rams 2-0 and 7-0.

Bayham (game one) and Wolcott (game two) pitched complete game shutouts for the Vikings.

Leading hitters for Grayling were: (game one) Bayham, 1 for 4, 1 steal, 1 run; Lovely, 1 for 2, 1 sacrifice bunt; Wolcott, 1 for 2, 1 walk; (game two) Bayham,

2 for 4, 1 RBI; Lovely, 1 for 4, 1 run, 3 steals; Henderson, 1 for 3, 2 runs, 2 steals; Wolcott, 2 for 3 (1 triple), 2 RBI, 2 runs; Metzer, 2 for 3, 1 run, 1 RBI.

"This was a great road win for us. We really came together as a team and made a great group effort. Every person on our team has a role, some more glamorous than others, but equally important. When each person focuses on their job to the best of their ability we are a very competitive team," Coach Brock said.

"Chelsea Wolcott really kicked it up a notch today. I think she really set out to prove herself. Chelsea has struggled with a shoulder injury and it took its toll on her confidence. We need her at her best as we move in to the final stretch," Coach Brock said.

The Vikings will host Cadillac on Monday, May 23, at 4 p.m.



Audrey Alimenti bats for Grayling vs. East Jordan.



Kelly Dunckley runs to third base on Monday.



Chelsea Wolcott prepares for a pitch at shortstop on Monday.

Heads Up North

Viking of the Week



Varsity Baseball
Coach: Ben Brock
GIBSON TOBIN

Wendy's

Viking of the Week



Varsity Softball
Coach: Keri Brock
CHELSEA WOLCOTT

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FOOT NOTES

by Ronald K. Olm, D.P.M.

DO YOU NEED FOOT SURGERY?

Many foot ailments respond well to non-surgical treatment such as rest, ice, anti-inflammatory medications, or shoe changes. Several foot conditions may require surgery if they do not respond to home remedies or non-surgical approaches. Bunions, for example, may be surgically removed in a bunionectomy if they cause consistent pain and affect daily activities. Surgical techniques may also help with hallux limitus or hallux rigidus, an arthritic condition of the big toe that can cause loss of motion. Toe deformities such as hammer, mallet, or claw toes can be fixed surgically if they are painful or lead to chronic, painful corns on the toes. Plantar corns, which appear on the sole of the foot, can be surgically removed.

Don't suffer with painful, nagging foot problems because you think



treatment will involve surgery. Many foot surgeries today are now performed right in the podiatrist's office. New, advanced, conservative techniques can help save you discomfort, recovery time, and cost. If this sounds like something that will encourage you to seek pediatric care for your aching feet, please give us a call at GRAND TRAVERSE FOOT & ANKLE CENTER, P.C., 922-9100 & 800-968-7440. A full-service facility offering total foot care, we're located at 1209 E. 8th Street, Traverse City. Office in Traverse City, also Kalkaska Memorial Health Center Monday & Wednesday afternoons and evenings.

PS. Other foot problems that can be surgically addressed include neuromas, bone spurs, Achilles tendon problems, and plantar fasciitis.

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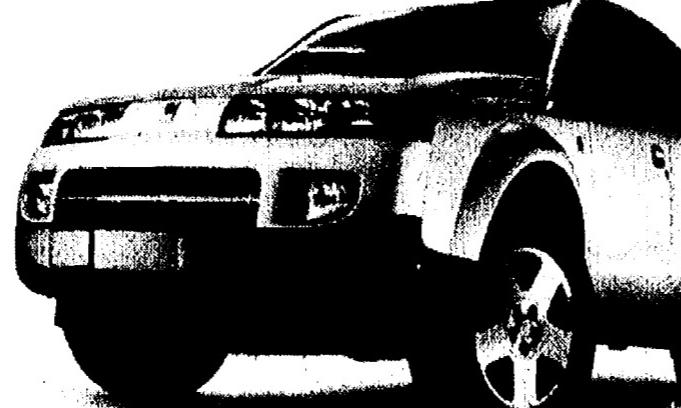
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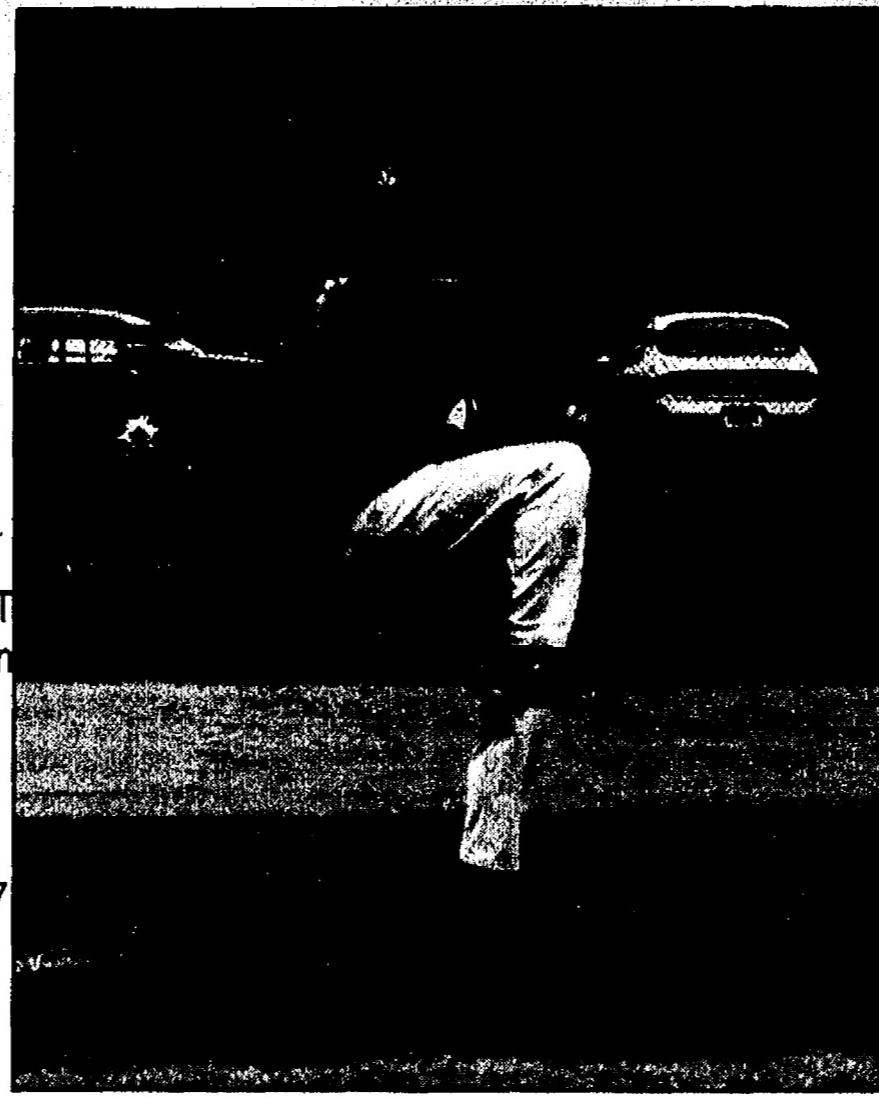
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DJ Metzer pitches for Grayling during Monday's series vs. East Jordan.



Gibson Tobin bats against East Jordan on Monday, May 9.

Baseball team wins road series vs. Rams 7-6, 3-0

Continued from Page 1B

"We finally swept a team in a doubleheader. DJ Metzer pitched well in the first game and also crushed a 302-foot shot out of the park. He is now hitting .500 on the year and that leads our team. Gib Tobin went 4 for 4 at the plate with a home run and a double. Eight out of our nine batters had at least one hit in game one. Derek Etzler came in to relieve Metzer in the sixth inning and shut Harbor Springs down. That was Etzler's first save of the season," Coach Ben Brock said.

"Derek Etzler pitched a gem in the second game as he recorded his second complete game shutout of the season. He only gave up three hits and had six strikeouts. Derek also helped his cause with a solo homer. Metzer, Ryan Davis, and Ronnie Johnston each collected two hits in the second game," Coach Brock said.

On Monday, the Vikings lost a pair of home games to East Jordan 9-4, 12-7.

Metzer pitched game one for GHS and Tobin and Metzer pitched game two.

Offensive leaders for Grayling

in the series were: (game one) Etzler, 1 for 4 (home run), 1 run, 1 RBI; Tobin, 1 for 4; Metzer, 3 for 3 (1 double), 1 run; Davis, 1 for 4 (1 home run), 2 RBI; Schneider, 2 for 3, 1 RBI, 1 steal; McNamara, 1 for 3; (game two) Etzler, 1 for 3 (home run), 2 RBI; Tobin, 1 for 3; Metzer, 2 for 4, 1 run; Davis, 2 for 4 (2 home runs), 4 RBI, 2 runs; Mastej, 1 for 3, 1 run; R. Johnston, 1 for 4 (double); Schneider, 1 for 3, 1 RBI, 1 run; McNamara, 1 for 4, 1 RBI.

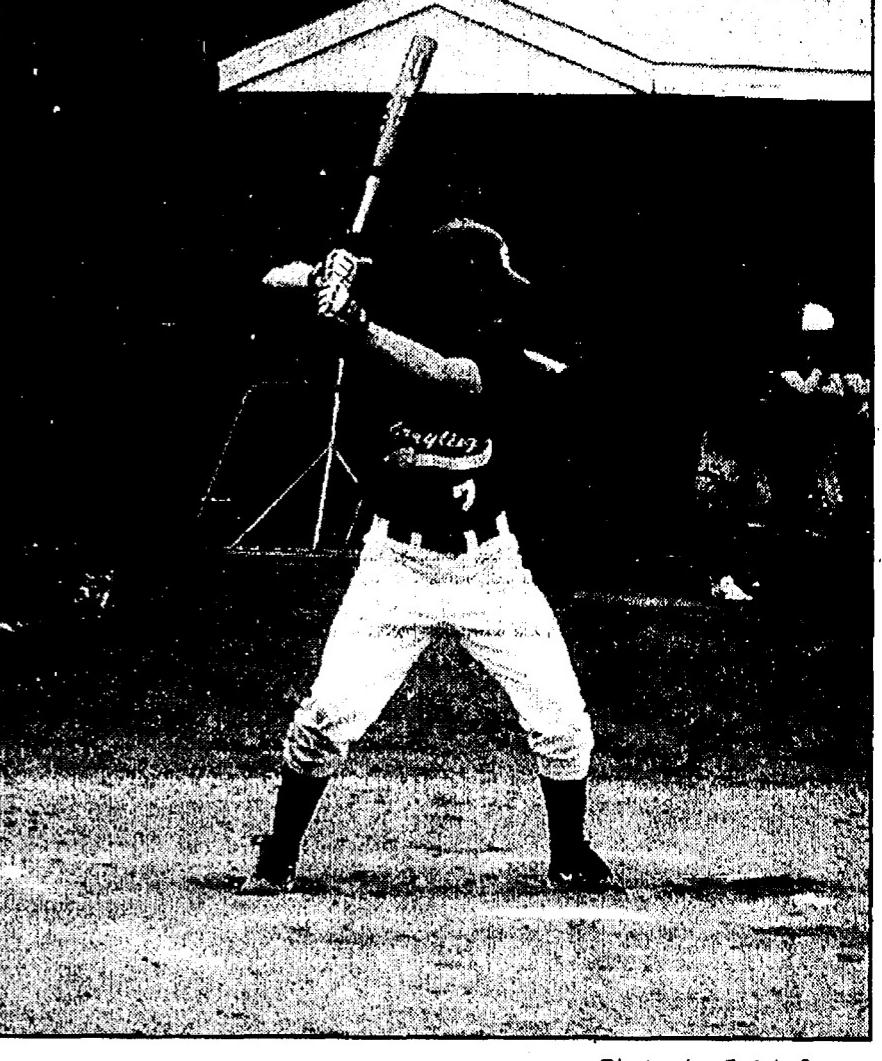
"We had chances to win both games. We rallied back in game two with Derek Etzler blasting a home run in the bottom of the sixth inning to tie the score. We also hit five homers today as a team. We had none prior to this game so that means our sticks are coming around. It seems as if the warmer the weather gets, the better we hit. We have cut down on our errors in the field as well," Coach Brock said. "Gib Tobin and DJ Metzer pitched well for us today and Ryan Davis crushed three dingers in the doubleheader. These guys are getting better with game experience and it is starting to show. East Jordan is in first place in our league right now and their coach gave us many compliments on how tough we battled his team."

"It will be interesting to see if we can put it all together when districts come in two weeks. Juniors JC Schneider, Josh Mastej, and Ronnie Johnston are really starting to be productive players. Ryan Davis will begin throwing next week and we'll see if he will be ready to go when the tourney begins," Coach Brock said. "The district draw will be on Thursday, May 19, in the morning at GHS. Then we will know exactly whom we will have to play. The guys are getting anxious and so am I."

The Vikings have six players batting over .300 following last week's games: Metzer, .500 (27 for 54); Tobin, .382 (21 for 55); Mastej, .352 (19 for 54); Etzler, .327 (18 for 55); Davis, .324 (11

for 34); R. Johnston, .319 (15 for 47).

The Vikings will host Cadillac on Monday, May 23, at 4 p.m. Districts will be played on Saturday, June 4, at GHS.

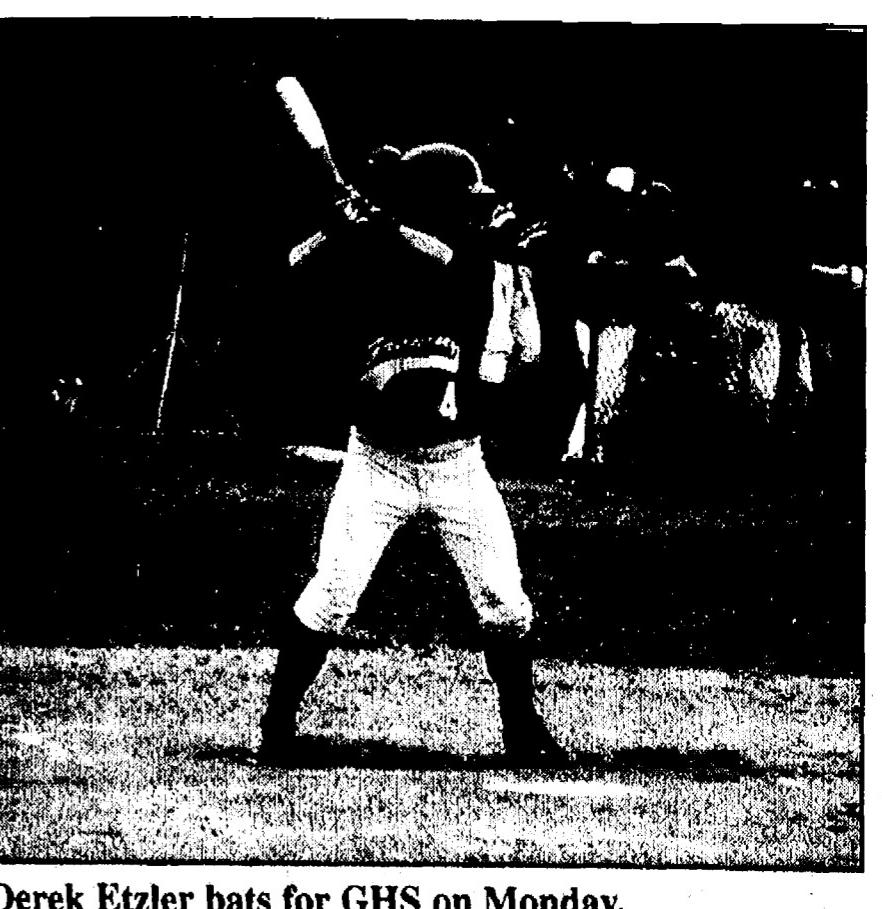


Photos by Caleb Casey

JC Schneider bats for the Vikings in last week's series against the East Jordan Red Devils.



Ronnie Johnston leads off at first base vs. East Jordan on Monday.



Derek Etzler bats for GHS on Monday.

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Hanson Hills hosts Top of the Hill 5K race

More than 20 people competed in Hanson Hills Recreation Area's annual Top of the Hill 5K race on Saturday, May 7. Overall winners for the event were Scott Latusek, 21, and Sarah Scow, 16.

A complete list of results (provided by Grayling Recreation Authority, race coordinator) is included below.

Top of the Hill 5K

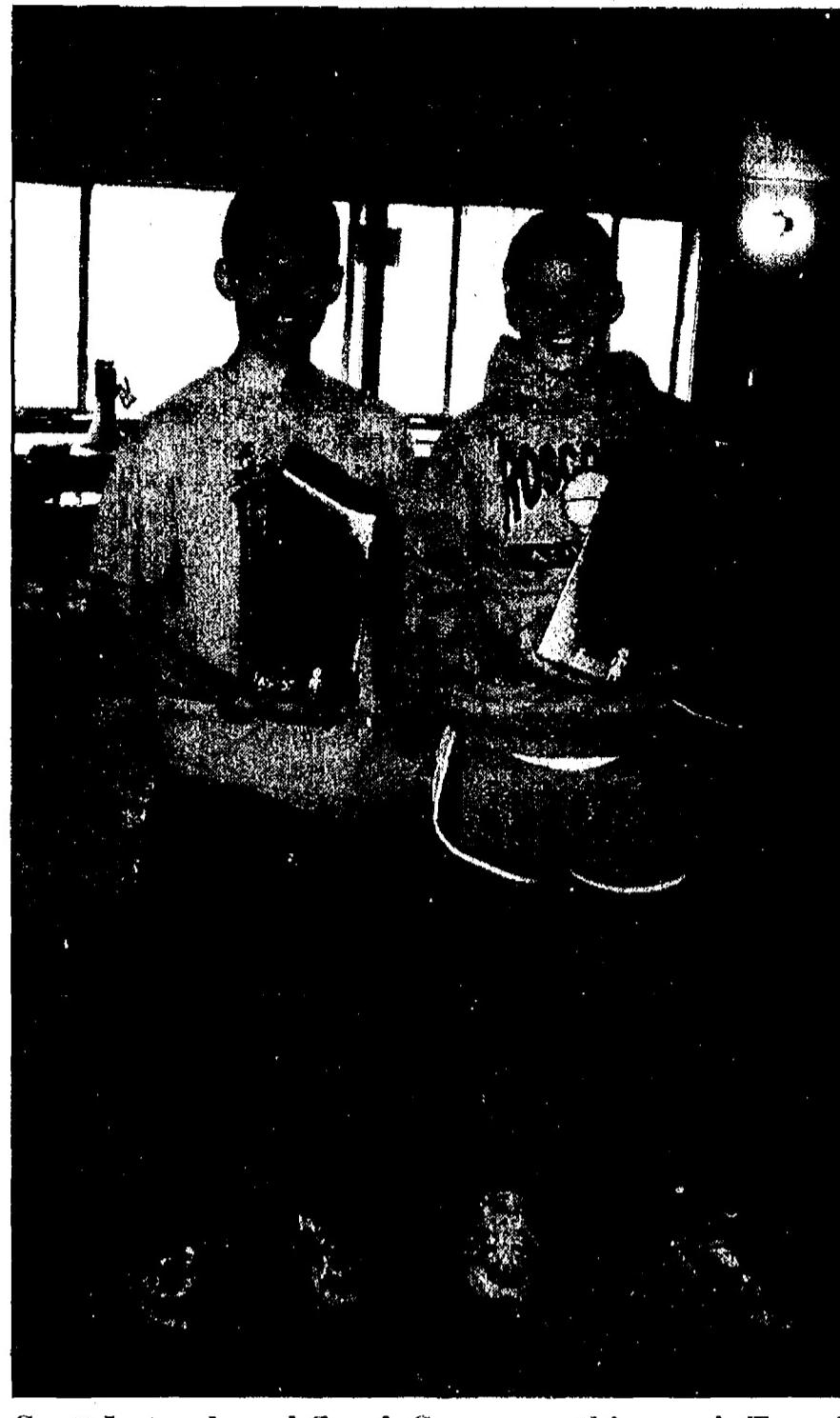
Hanson Hills Recreation Area
Saturday, May 7, 2005

Women:

Name	Bib #	Age	Sex	Time
Sarah Scow	91	16	f	0:24:58
Chris Seager	92	43	f	0:26:52
Jody Hinkle	93	47	f	0:29:04
Karrie Royce	89	33	f	0:31:32
Angie Compton	90	24	f	0:32:06
Rachel O'Mara	95	22	f	0:32:17
Cindy Olson	94	47	f	0:33:06

Men:

Name	Bib #	Age	Sex	Time
Scott Latusek	242	21	m	0:19:17
Moses Peters	243	15	m	0:19:40
Jason Drudge	245	15	m	0:20:12
Paul Owen	241	36	m	0:21:22
Robert VanNuck	246	20	m	0:21:54
Mark Jurkovich	252	55	m	0:23:15
William Dean	244	45	m	0:25:30
Jim Gardiner	253	47	m	0:25:46
Bruce McGuire	247	51	m	0:25:50
Mark Dalak	248	27	m	0:26:13
George Gambert	249	57	m	0:26:15
Fred Perrin	255	60	m	0:26:33
Craig Jacobs	240	40	m	0:29:48
Hank Jacobs	239	11	m	0:29:54
Tom Gardiner	254	45	m	0:29:57
Dan Scow	251	48	m	0:30:33
Ken Wright	238	66	m	0:35:41



Scott Latusek and Sarah Scow won this year's Top of the Hill 5K race at Hanson Hills Recreation Area.



Photos courtesy of Grayling Recreation Authority

This year's Top of the Hill 5K race at Hanson Hills featured more than 20 competitors.

KIRTLAND BASKETBALL

Area basketball standouts Chelsea Williams of Houghton Lake and Matt Tompkins of Fairview are the first high school seniors to sign agreements to play for the Kirtland Firebirds since the athletic signing period opened April 13.

Williams, a 6'1" post player who led the Houghton Lake Bobcats to conference and district titles this year, will add strength and some much-needed height to the Lady Firebirds team which basically went without a post player this season.

Second-year Firebirds coach Teresa Stuck, who is also a Houghton Lake alumna, said Williams will fill an important niche on her team.

"We really needed a post presence and she is going to fill that role nicely," Stuck said. As a senior, Williams was an All-Conference and All-State pick.

"I am really excited to be able to sign someone from my hometown high school, especially somebody like Chelsea. She is a great kid and is really going to help us out on the court for next year."

The Firebirds posted a winning season this year - the first in the team's five-year history - and will enjoy the luxury of hav-

ing several returning players who can help Williams with her transition to college ball.

"She has a lot of potential and I have a lot of faith that after her two years here, a lot of doors will open for her at four-year schools," Stuck said.

Signing on to Kirtland's men's team, coached by Glen Donahue, is 6'1" Fairview High School senior Matt Tompkins.

Tompkins is described by his high school coach, Wayne Nutt, as his "coach on the floor."

"He knows where everybody's supposed to be and how to get there," Nutt said.

Tompkins, who was on Fairview's varsity team three years, played primarily in the guard position, but Nutt said this year they pushed him to shoot more.

"He's great at driving in, at attacking the basket," Nutt said. "But you name the position, he can play it."

Tompkins' skill earned him first team All-Conference and first team All-Sunrise Side recognition. As team captain, he helped the Eagles win their district championship this year, with a 15-7 record.

"And he's a great kid," Nutt added. "He was raised by his

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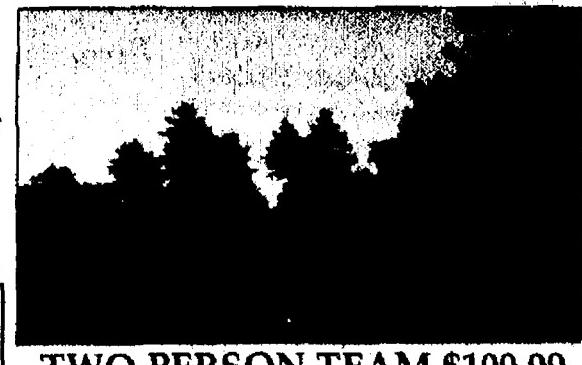
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Golf team wins one, ties one

Continued from Page 1B

was a good experience for us to play and overcome. We need to increase the numbers of times we par or birdie as we head into regional play on the 20th."

On Monday, May 9, the Vikings tied Roscommon for first place in a three-team meet at Bay View Country Club in Petoskey.

Final team scores were: Grayling 185, Roscommon 185, Petoskey 198.

"The Vikings did a great job at Bay View, as did Roscommon, and combined for a 185 course record for girls golf. Each golfer has been focused on their mechanics and all have set goals to advance team success by

achieving personal improvement," Coach Brown said. "I'm always very impressed with the girls' efforts and know great things lie ahead as the players continue to exercise self-discipline and are students of the game."

Individual scores for Grayling at Petoskey included: Wheeler,

44 (1 par); Calkins, 44 (4 pars); LeMaster, 47 (1 par); Morley, 50 (2 pars); Olson, 53 (1 birdie); Payne, 56; Alexis Elmy, 71; Monica Leslie, 86.

Last Friday's scheduled meet was rained out.

This Friday, the Vikings will compete in their regional tournament at Perry.

GHS TRACK

Boys Team

Grayling placed in several events at last Thursday's 12-team East Jordan Invitational track meet.

Placements for GHS included:

Tyler Cragg, 1st, 400m dash, 2nd, 1600m relay; Jeff Bancroft, 3rd, 3200m relay; Ryan Schmidt, 2nd, long jump, 2nd, 400m relay, 2nd, 1600m relay; Reagan Schmidt, 3rd, 3200m relay; Chris Gosicki, 3rd, 3200m relay, 2nd, 1600m relay; Joey Bancroft, 2nd, 400m relay; Isaac VanNuck, 2nd, 400m relay; Ryan Cooper, 2nd, 400m relay.

"This was a good warm-up for regionals next Saturday. Our guys seem to be peaking at the right time, and hopefully we'll be able to take a few to the state finals," Coach Tim Sanchez said.

Girls Team

On Monday, the Vikings placed third in a four-team meet at Charlevoix. Team scores

included: Charlevoix 111, Traverse City St. Francis 47, Grayling 41, Elk Rapids 20.

Placements for GHS included:

Justine Tozer, 4th, 100m hurdles, 3rd, 400m dash; Adrianna Voelker, Annie Melroy, Cassie Pizzi, Angie Martella, 2nd, 800m relay; Rachel Doremire, 5th, 1600m run; Krystal Babbitt, Melroy, Pizzi, Voelker, 2nd, 400m relay; Katie Zill, 4th, 400m dash; Angie Martella, 5th, 400m dash; Voelker, 3rd, 200m dash; Jamie Hagerman, 4th, 200m dash; Melroy, 5th, 200m dash; Zill, Tozer, Jamie Pinkelman, Doremire, 3rd, 1600m relay; Mandy Czapek, 3rd, shot put, 2nd, discus; Voelker, 1st, high jump; Zill,

2nd, high jump.

"The kids have been working hard. Each meet they learn how to run the race a little better," Coach Belusar said.

On Thursday, the Vikings competed in the East Jordan Invitational.

Grayling's 400m relay team of Babbitt, Melroy, Pizzi, and Voelker placed 5th.

"Mandy Czapek reached her personal best in shot put with a throw of 24 feet, 10 inches. Rachel Doremire keeps improving her time in the mile," Coach Belusar said.

The Vikings will host the Lake Michigan Conference championship meet at 4 p.m. on Wednesday, May 25.



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LEGAL ACTION

STATE OF MICHIGAN IN THE CIRCUIT COURT FOR THE COUNTY OF GRAND TRAVERSE

HUNTINGTON NATIONAL
BANK, a National Banking
Association,
Plaintiffs,
Case No. 05-24446CK

vs.
AUSEABLE VALLEY
INVESTMENT COMPANY, LLC
GLENN R. CARLSON and
ROBERT L. BUTLER

Defendants.
PETER D. RHODES (P49515)
Attorney for Huntington National
Bank
Rhoades Law Office PC
PO Box 2271
Holland MI 49422
616-355-7318

TO: ROBERT L. BUTLER

Previously of 10333 Madison Avenue
Grayling, Michigan

You are being sued. The Court has
authorized Plaintiff to serve you by alter-
native method. You have 21-days from

May 25, 2005 to Answer or otherwise
defend. Failure to answer or otherwise
defend will result in the entry of a Default
Judgement.

5-12-05

Respectfully submitted,

Peter D. Rhoades (P49515)
Attorney for Huntington National Bank

-19-26

STATE OF MICHIGAN PROBATE COURT COUNTY OF CRAWFORD NOTICE TO CREDITORS Decedent's Estate

File No. 05-6986-DE
Estate of Constance Jennings Ennis,
deceased

Date of birth: 3-14-37

NOTICE TO CREDITORS:

The decedent, Constance J. Ennis, who
lived at 4055 Pinecrest, Grayling,
Michigan died 1-22-01.

Creditors of the decedent are notified
that all claims against the estate will be
forever barred unless presented to
Michael L. Vojinov Jr., named personal
representative or proposed personal representative,
or to both the probate court at
200 W. Michigan Ave. Grayling, MI
49738 and the named/proposed personal
representative within 4 months after the
date of publication of this notice.

Date: 4-26-05

Michael L. Vojinov Sr.
4055 Pinecrest Rd.
Grayling, Mich. 49738
989-348-7675

Mortgage Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

Notice is hereby given that Default has occurred in the following Mortgages given to the United States of America, acting through the Farmers Home Administration, United States Department of Agriculture;

1. Mortgage given by Timothy S. Janis and Barbara P. Janis, husband and wife, dated May 20, 1982 and recorded on May 20, 1982 in Liber 206 on pages 296 through 299 of the Crawford County Records; said Mortgage was subsequently assumed by Vanna L. Ward;

2. Mortgage given by Vanna L. Ward, dated February 24, 1987 and recorded on February 25, 1987 in Liber 258 on pages 74 through 77 of the Crawford County Records. The Mortgage was corrected and replaced by an Amended Mortgage dated June 15, 1987 and recorded on July 7, 1987 in Liber 263 on pages 463 through 466 of the Crawford County Records;

(all of the foregoing are collectively referred to as the "Mortgages")

No proceedings have been instituted to recover any part of the debt secured by the

Mortgages which is now Seventy Thousand Three Hundred Eighty Seven and 64/100 (\$70,387.64) Dollars.

The Mortgages will be foreclosed by selling the property described below at a public auction to the highest bidder. The sale will be held on June 29, 2005 at 10:00 a.m., local time, at the front door to the County Building in Grayling, Michigan which is the location of the Crawford County Circuit Court.

The property will be sold to pay the amount then due on the Mortgages, including interest at the rate of 9% per year, legal costs, attorney fees and any taxes or insurance which may be paid by the mortgagor before the sale. The property to be sold is located in Grayling Township, Crawford County, Michigan and is more specifically described in the Mortgages as;

Lot 3, Block 3, of KAREN WOODS SUBDIVISION, according to the plat thereof as recorded in Plat Liber 1, on Page 44, of the Crawford County Records.

The redemption period will expire six (6) months from the date of the sale unless the property is deemed to be abandoned pursuant to MCLA 600.3241a in which case the redemption period will expire thirty (30) days from the date of the sale.

Dated: May 19, 2005

UNITED STATES OF AMERICA, ACTING THROUGH THE RURAL DEVELOPMENT AGENCY, F/K/A THE FARMERS HOME ADMINISTRATION, OR THE UNITED STATES DEPARTMENT OF AGRICULTURE.

PREPARED BY: JOHN R. TUCKER (P37348), WINEGARDEN, HALEY, LINDHOM & ROBERTSON, P.L.C., 9-9460 S. Saginaw Street, Suite A, Grand Blanc, Michigan 48439 (810) 767-3600

-19-26-2-9-16

Notice Of

Mortgage

Foreclosure Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT

PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Glen R. Carlson, a single man, original mortgagor(s), to Bank of Ann Arbor, Mortgagee, dated August 2, 2002, and recorded on August 7, 2002 in Liber 591 on Page 237, and assigned by said Mortgagee to Washington Mutual Bank, FA as assignee by an assignment, in Crawford county records, Michigan, of which mortgage there is claimed to be due at the date hereof the sum of One Hundred Seventy Thousand Six Hundred Sixty Two And 97/100 Dollars (\$170,662.97) including interest at 7.875% per annum.

Under the power of sale contained in said mortgage and the statute in such case made and provided, notice is hereby given that said mortgage will be foreclosed by sale of the mortgaged premises, or some part of them, at public vendue, at the Front door of the County building in Grayling at 10:00 AM, on June 22, 2005.

Said premises are situated in City of Grayling, Crawford County, Michigan and are described as: The South 1/2 of the East 1/2 of the Northeast 1/4 of the Southeast 1/4 of the Southwest 1/4 of Section 9, Town 26 North, Range 3 West. The redemption period shall be 6 months from the date of such sale, unless determined abandoned in accordance with MCLA 600.3241a, in which case the redemption period shall be 30 days from the date of such sale.

Dated: May 19, 2005

For more information, please call:
FCR 248.593.1305
Trott & Trott, P.C.
Attorneys For Washington Mutual
Bank, FA

30400 Telegraph Rd Ste 200
Bingham Farms, Michigan 48025
File #056045F01

-19-26-2-4

LOVELLS TOWNSHIP ORDINANCE

AN ORDINANCE TO AMEND THE LOVELLS TOWNSHIP ZONING ORDINANCE TO PROVIDE ENVIRONMENTAL PROTECTION REGULATIONS FOR COMMERCIAL & BUSINESS DISTRICT PROPERTIES HAVING AUSSABLE RIVER FRONTAGE.

LOVELLS TOWNSHIP HEREBY ORDAINS:

Section 1. Amendment of Article VIII Commercial & Business District, C-B.

Article VIII Commercial & Business District, C-B of the Lovells Township Zoning Ordinance is hereby amended to add a new Section 8.04, which shall read in its entirety as follows:

Section 8.04 - Properties with AuSable River Frontage

For properties in the C-B District having AuSable River Frontage, the following section of the G-3 District shall apply: Section 5.04 Area Regulations, Section 5.05 Limitations of Funnel Development, Section 5.06 Accessory Structures, Section 5.07 Natural Vegetation Strip, Section 5.08 Use of Pesticides, Herbicides and Fertilizers, Section 5.09 Land Alterations, and Section 5.10 Sanitary Waste Systems.

Sections 2. Severability.

If any clause, sentence, paragraph, section or part of this Ordinance is adjudged by any court to competent jurisdiction to be invalid, such judgment shall not affect, impair, or invalidate the remainder of the Ordinance, but shall be confined in its operation to the clause, sentence, subsentence, paragraph, section, or part directly involved in the controversy in which the judgment was rendered.

Section 3. Effective Date.

This Ordinance shall become effective eight (8) days after being published in a newspaper of general circulation within the Township.

TOWNSHIP OF LOVELLS

LEGAL ACTION

Notice Of Mortgage Foreclosure Sale

AS A DEBT COLLECTOR, WE ARE ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NOTIFY US AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

MORTGAGE SALE - Default having been made in the terms and conditions of a certain mortgage made by Alice L. Duby, a single woman, Mortgagors, to GreenPoint Credit, LLC n/k/a Green Tree Servicing, LLC, Mortgagor, dated the 26th day of July, 1999 and recorded in the office of the Register of Deeds, for The County of Crawford and State of Michigan, on the 19th day of August, 1999 in Liber 488 of Crawford County Records, page 618; on which mortgage there is claimed to be, at the date of this notice, the sum of Eighty Two Thousand Seven Hundred Fifty Nine & 94/100 (\$82,759.94), and no suit or proceeding at law or in equity having been instituted to recover the debt secured by said mortgage or any part thereof. Now, therefore, by virtue of the power of sale contained in said mortgage, and pursuant to statute of the State of Michigan in such case made and provided, notice is hereby given that on the 22nd day of June, 2005 at 10:00 o'clock a.m. Local Time, said mortgage will be foreclosed by a sale at public auction, to the highest bidder, at the front door to the County Bldg. in Grayling MI (that being the building where the Circuit Court for the County of Crawford is held), of the premises described in said mortgage, or so much thereof as may be necessary to pay the amount due, as aforesaid on said mortgage, with interest thereon at 9.25% per annum and all legal costs, charges, and expenses, including the attorney fees allowed by law, and also any sum or sums which may be paid by the undersigned, necessary to protect its interest in the premises. Which said premises are described as follows: All that certain piece or parcel of land situated in the Township of Lovells, County of Crawford, State of Michigan, and described as follows, to wit:

Parcel A-2: Part of the Northwest one-quarter of the Southwest one-quarter of Section 20, Town 28 North, Range 1 West, described as: Commencing at the West one-quarter corner of said Section; thence South 01 degree 43 minutes 00 seconds West, along the West line of said Section 663.66 feet to the Point of Beginning; thence South 87 degrees 51 minutes 55 seconds East 869.94 feet; thence South 01 degree 29 minutes 23 seconds West parallel with the West one-eighth line of said Section, 583.49 feet; thence North 87 degrees 42 minutes 00 seconds West, parallel with the South one-eighth line of said Section, 872.27 feet to the West line of said Section; thence North 01 degree 43 minutes 00 seconds East, along said West line 581.7 feet to the Point of Beginning. SUBJECT TO a 25 foot wide ingress and egress easement for the installation and maintenance of public and private utilities. Said easement lying 12.5 feet on each side of and adjacent to the centerline of which is described as: Commencing at the West one-quarter corner of Section 20, Town 28 North, Range 1 West; thence South 88 degrees 01 minutes 02 seconds East, along the East-West one-quarter line of said Section, 12.5 feet to the Point of Beginning of said 25 foot wide easement; thence South 01 degree 43 minutes 00 seconds West, parallel with the West line of said Section, 663.66 feet to the Point of Ending of centerline of said 25 foot easement, 8499 Lovells Rd

During the twelve (12) months immediately following the sale, the property may be redeemed, except that in the event that the property is determined to be abandoned pursuant to MCLA 600.3241a, the property may be redeemed during 30 days immediately following the sale.

Dated: 5/19/2005

Green Tree Servicing, LLC f/k/a GreenPoint Credit, LLC.

Mortgage

FABRIZIO & BROOK, P.C.

Jonathan L. Engman (P56364)

Attorney for Green Tree Servicing,

LLC f/k/a GreenPoint Credit, LLC.

888 W. Big Beaver, Suite 1470

Troy, MI 48084

248-362-2600

-19-26-2-9

RECORD OF CITY COUNCIL PROCEEDINGS

Meeting held on the
25th day of April 2005

Grayling, Michigan

I. Meeting called to order by Mayor Ferrigan at 7:31 P.M.

II. Members Present: Joe Ferrigan, Roger Moshier, Larry Akers, Kim McClain

Members Absent: Dennis Palmer

Also in Attendance: Allen Lowe, City Manager, Michele Moshier, City Clerk, Dave Sabin, Mark Hurley, Brian Morrison, Richard Schreiber, Doug Meroney, Lynne Trudeau, Jeremy Bowers, Darcie Bowers, Aaron Millikin, Kelly Millikin, Tom Wellman, Brian

Anderson
III. Approval of Consent Agenda
A. City Council Meeting Minutes for April 11, 2005
B. TBC, Inc. Transfer of Ownership of 2004 Class C Licensed Business

05-073
Moved by Moshier, seconded by Akers that the Consent Agenda be approved as presented: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

IV. Public Hearings
A. Millage Rate

Mayor Ferrigan opened the public hearing at 7:35 P.M.

There being no questions or comments from the public; Mayor Ferrigan closed the public hearing at 7:36 P.M.

B. 2005-2006 Budget
Mayor Ferrigan opened the public hearing at 7:36 P.M.

There being no questions or comments from the public; Mayor Ferrigan closed the public hearing at 7:37 P.M.

V. Old Business
A. Little League

The City Attorney is working with the Attorney for Little League to come up with an agreement. The Little League's Corporation has expired and they are not currently considered a 501c3 and therefore the City cannot enter into any agreement until this matter has been taken care of. Little League's Attorney is taking care of this matter.

B. Parks & Recreation Committee
City Council is meeting with the Parks & Recreation Committee on May 18, 2005 at 5:30 P.M. in the City Park, under the pavilion to discuss the expectations of this committee.

C. Cemetery Agreement
Will be brought back to the May 09, 2005 City Council Meeting.

D. City Charter
The City Manager and City Attorney will bring back a recommendation to the City Council.

E. Traffic Signal Electricity
05-074
Moved by McClain, seconded by Akers to direct the City Manager to determine the costs of the traffic signal electricity from the time that the signals were installed and to send MDOT a bill for their portion: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

VI. New Business
A. Military Museum

Brian Morrison gave a presentation to the City Council to request the use of the old library building for The Michigan Museum of Military Transport Foundation as an incubator location.

B. Derwich

Dervich may need additional property and are inquiring about the price per acre for the nine acres adjacent to the property that they currently own. They also intend to apply for a tax abatement on their expansion.

VII. Citizens Who Wish To Speak

The following individuals expressed their comments/concerns regarding various issues:

Kelly Millikin
Brian Anderson
Doug Meroney

VIII. Reports

* ZBA
• Planning Commission
• DDA

• Fire Committee

• Bike Path Committee

• City Manager

• Mayor Ferrigan

• Councilperson Moshier

05-075
Moved by Ferrigan, seconded by Moshier to rescind motion #05-060 from March 28, 2005: to amend the 2004-2005 Budget to increase the Income Tax Expenditures by \$300,000: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

05-076
Moved by Moshier, seconded by Ferrigan to amend the 2004-2005 Budget to increase the Water and Sewer Expenditures by \$300,000 for the Southside Improvements: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

• Mark Hurley - Gosling Czubak

IX. Budget Work Session

There were no recommended changes to the proposed budget. The Council does not need the additional work session on May 16, 2005.

05-077
Moved by Moshier, seconded by Ferrigan to extend the meeting past 9:30 P.M.: Ayes: 4, Nays: 0, Abstain: 0, Absent: 1, motion carried.

X. Correspondence

A. Revenue / Expenditure Report through March 31, 2005

B. 911 Activity Report for the Month of March 2005

C. Week In Review by Matt Gillard - April 15, 2005

D. Letter from Steve Doyle - Re: Prison Crew - April 13, 2005

E. MML Fax Alert - April 18, 2005

F. Grayling Township Letter - April 14, 2005

G. Letter from City of Charlevoix - April 14, 2005

H. League Legislative Link - April 19, 2005

I. The Agurban E-Zine Issue 21 - April 19, 2005

J. City Manager email - 2005 MML Regional Meetings

K. System Failure: Michigan's Broken Municipal Finance Model

L. Draft Minutes of Parks & Recreation Committee Meeting on April 20, 2005

M. Back to Basics II - Governmental Budgeting

N. League Legislative Link - April 25, 2005

XI. Adjournment
05-078
Moved by Akers that the meeting be adjourned; Mayor Ferrigan adjourned the meeting at 9:37 P.M..

Michele A. Moshier
City Clerk

Future Agenda Items can be found on our website: www.cityofgrayling.org

Notice Of Mortgage Foreclosure Sale

THIS FIRM IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION WE OBTAIN WILL BE USED FOR THAT PURPOSE. PLEASE CONTACT OUR OFFICE AT THE NUMBER BELOW IF YOU ARE IN ACTIVE MILITARY DUTY.

ATTN PURCHASERS: This sale may be rescinded by the foreclosing mortgagee. In that event, your damages, if any, shall be limited solely to the return of the bid amount tendered at sale, plus interest.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Monte G. Malonen, Jr., a Single Man, original mortgagor(s), to Michigan State Housing Development Authority, Mortgagor, dated August 4, 2000, and recorded on December 5, 2000 in Liber 524 on Page 163, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Eighteen Thousand Nine Hundred Forty-Two And 33/100 Dollars (\$18,942.33), including interest at 7.375% per annum.

MORTGAGE SALE - Default has been made in the conditions of a mortgage made by Monte G. Malonen, Jr., a Single Man, original mortgagor(s), to Michigan State Housing Development Authority, Mortgagor, dated August 4, 2000, and recorded on December 5, 2000 in Liber 524 on Page 163, in Crawford county records, Michigan, on which mortgage there is claimed to be due at the date hereof the sum of Eighteen Thousand Nine Hundred Forty-Two And 33/100 Dollars (\$18,942.33), including interest at 7.375% per annum.

Said premises are situated in the City of Grayling, Crawford County, Michigan and are described as follows:

Lot 6, Block 17, Roffee's Addition to the Village (Now City) of Grayling, according to the plat thereof, as recorded in Liber 1 of Plats, Page 11, Crawford County Records.

The redemption period shall be six(6)

months from the date of such sale unless the property is abandoned, in which case the redemption period shall be thirty (30) days from the date of sale or abandonment, if abandonment occurs after sale.

DATED: May 4, 2005

David L. Porteous

Attorney for Mortgagee

POLETOUS LAW OFFICE, P.C.

4393 - 220th Avenue, P.O. Box 206

Reed City, MI 49677

TELEPHONE: (231) 832-3231

176, 177, & 178. A second mortgage was made by Charles D. DeMoines, a single man, and Liberty J. Galvani, a single woman, whose last known address was 810 Plum Street, Grayling, Michigan 49738-1118 to the Michigan Department of Consumer and Industry Services Michigan State Housing Development Authority dated July 24, 2000 and recorded August 8, 2000 in Crawford County Register of Deeds at Liber 514, Pages 179, 180, 181, 182, 183 184 & 185. This mortgage was subordinated to the United States of America's mortgages on April 23, 2002 in a subordination recorded on April 25, 2002 at Liber 579, Page 161 and 162. Michigan State Housing Development Authority foreclosed on its mortgage and the United States of America purchased the property on April 26, 2005 for \$15,397.12. There is claimed to be due to the United States of America as of April 26, 2005 the sum of Seventy-Five Thousand Six Hundred Ninety-three and 96/100 (\$75,693.96) Dollars including interest at 7.375% per annum. Interest is \$10,529.1 per day.

Under the power of sale contained in

said mortgage and the statute in case

made and provided, notice is hereby given that said mortgage will be foreclosed by

sale of the mortgaged property, or some

part thereof, at public venue, at Crawford

County Courthouse in Grayling,

Michigan at 10:00 A.M. on JUNE 8,

2005.

Said premises are situated in the City

of Grayling, Crawford County, Michigan

and are described as follows:

Lot 6, Block 17, Roffee's Addition to

the Village (Now City) of Grayling,

according to the plat thereof, as recorded

in Liber 1 of Plats, Page 11, Crawford

County Records.

The redemption period shall be six(6)

months from the date of such sale unless

the property is abandoned, in which case

the redemption period shall be thirty (30) days

from the date of sale or abandonment, if abandon-

ment occurs after sale.

BRANDT, FISHER, ALWARD &

ROY, P.C.

Fifth Third Bank f/k/a Old Kent Bank

By: H. DOUGLAS SHEPHERD

(P64560)

Attorneys for Mortgage

FEATURES

A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE

23 Years Ago

May 20, 1982

Marge Olver, President of Mercy Hospital Auxiliary, presents Sister Mary Hilda, R.S.M. President and Chief Executive Officer of Mercy Hospital, with a check for \$9,882. It is the final payment of a \$50,000 pledge made in 1978 toward an expansion project.

One of the deepest holes in the state drilled 300 yards from the new Weyerhaeuser plant is looking for gas deposits around 11,000 feet below the surface. C. John Miller, of Miller Brothers, the company drilling, said they could find something within a week.

Ed Rutkowski will be stepping down from his county position of Zoning Director and Building Inspector as of July 3, 1982. He handed in his resignation to the County Board of Commissioners at their meeting on May 11.

Rutkowski, who took over the position Feb. 1, 1979, said it was time for him and his wife to do some traveling and leisurely living.

Munson Medical Center has established hearing services in Grayling. In order to assist the Grayling - Houghton Lake - Gaylord area in the provision of cost-effective diagnostic hearing services, a clinic has been made available to area residents at the Family Practice Clinic in Grayling.

Dedication ceremonies of the

new \$920,000 armory at Camp Grayling will be held on May 21.

Construction of the armory began on April 6, 1981, and was finished on May 1, 1982. The 25,000 square foot masonry building will serve as the home of the Grayling units of the Michigan National Guard. The total cost of \$919,918 was paid 75 percent by the federal government and 25 percent by the state.

Bess Feldhauser turned last Saturday into a double holiday - she celebrated her 63rd birthday and retired after 35 years with the Grayling A & P. Feldhauser a graduate of Frederic High School, plans to spend more time at her farm home in Maple Forest.

The 110-acre farm was owned by her parents Edward and Delia Feldhauser, now deceased.

46 Years Ago

May 21, 1959

Kenny Roberts, television and recording star drew large crowds for both his afternoon and evening shows at the Grayling Legion Hall on May 2.

A new building to replace the recently demolished James Olson building at the corner of Cedar and Michigan will be started immediately, James W. Olson of Clare announced early this week on a trip to Grayling. The new building will be 40 by 90 feet and of block construction. It will be faced with brick on both the Michigan and Cedar street sides.

It will for the present be one story high but foundations are being

laid of sufficient strength to add a second story at a later date.

69 Years Ago

May 21, 1936

Since Chris Olsen's drug store burned last February, Mr. Olsen has been out of business, but he opened a new place last Saturday. This is located in the building belonging to H. Petersen that was once occupied by the A & P store, two doors east of the post office. The interior is newly decorated; new battleship linoleum covers the entire floor; there are new wall and floor show cases; a fine new soda fountain, new tables and booths, and everything is slick, clean and inviting.

Two set backs and one win were in order for Coach Cornell's men in the three games they played the past week. Friday afternoon the Mancelona Nine was turned back by the Northern Lights, 6-5. Coach Makel's Gaylord squad slapped out a 21-6 victory Monday, and in the final home game of the season Kalkaska pounded the offerings of B. Hanson and Tibbets for a 16-8 win.

Dr. Stanley A. Stealy is negotiating for the purchase of the old bank building from the Bay Trust Co., and planning to open offices there in the near future.

A business change last week saw our local bakery sold by Peter Lovely to Mr. Charles V. Melichar of Traverse City. Mr. Lovely purchased the business from A.R. Craig rather than to see the place become closed. Since that time it was operated by his nephew, Floyd Lovely, and got

along very nicely. But it was Mr. Lovely's desire that the business soon be taken over by a baker of experience and ability. Mr. Melichar has operated a bakery in Traverse City for 27 years, starting in to learn the business whole as a small boy in school.

92 Years Ago

May 22, 1913

Seventy Grayling fans witnessed the first out-of-town game on Sunday, and saw Grayling go down to defeat Manistee of that city. Batting for Grayling was Ed Killian of Detroit.

Work has begun at the Military camp site, with engineers from the war department and members of the military board in camp at Portage Lake. The first detachment of National Guards arrived Tuesday from Calumet.

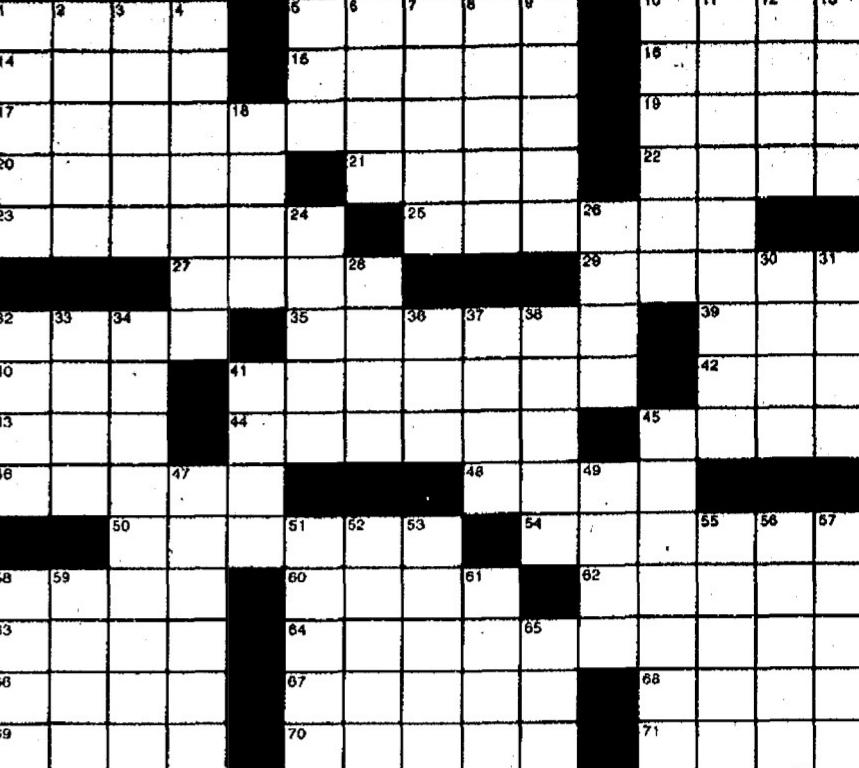
N.P. Olson has opened a livery and feed stable at the old Langevin stand.

D.E. Crowley and Samuel Pepper of the Attorney General's office at Lansing were in the city Tuesday and yesterday for the purpose of looking up the land titles on the property that has been given to the State of Michigan by Mr. Rasmus Hanson, for a permanent National Guard Site.

James Forman has purchased a fine 20 foot launch for Portage Lake. It made its initial dip last Monday.

Miss Anna Beck, who came to this country from Denmark with Mr. and Mrs. Christian Hanson about 9 years ago, left for her native land last Monday for a visit with her parents.

CROSSWORD



ACROSS

- Upper Indus Valley language group.
- Aquatic mammals related to shrews.
- Small, graceful birds allied to crows.
- Places of refuge.
- Long-armed anthropoid ape.
- Individual who takes notice.
- Nationality of playwright August Strindberg.
- Relationship of Willy to Linda in Death of a Salesman.
- Individual who helps create a work.
- Expression of sorrow.
- Flat-topped land formation.
- Mortals by David Ives.
- Ornamental recess in a wall.
- She Wrote Plays by Susan Croft.
- My Lady by George Bernard Shaw.
- Painful.
- On Your composed by Richard Rodgers.
- The Libretto by Anton Chekhov.
- At in a Bright Red Tie by John Whiting.
- Jesus Christ by Andrew Lloyd Webber.
- Abbreviation for lowercase alphabet.
- Love by Rosemary Casey.
- Actor's rep.
- 1983 Tony award-winning musical.
- South American wood sorrels.
- Japanese style of animation.
- Scythe handle.
- Minor, the Little Bear.
- Become entitled to again.
- Musical set at Rydell High.
- Smallest in degree.
- Porgy and by George Gershwin.
- Maria, U.S. opera singer.
- A Phoenix Frequent by Christopher Fry.
- French for "water."
- Musical of Roxie Hart.
- Native form of a metal.
- Cause of Cleopatra's death.
- Supply with air.
- Intense rages.
- Balk.
- Voiced velar nasal consonant symbols.
- The Old by William Hodge.
- The von of The Sound of Music.
- Vertical spar.
- Ben, Reverend A. Simpson in Tommy.
- Play It, Sam by Woody Allen.
- Matrimony by Percy MacKaye.
- 1964 Tony award-winning musical.
- Snarl; growl.
- Of the number eight.
- Part-song for male voices.
- Dried and withered.
- Destroy completely.
- Unfledged birds.

DOWN

- Senegal capital.
- Erlanger, co-author of The Manhatters.
- O'Donnell, played Rizzo in

ANSWERS IN THE CLASSIFIEDS

RECIPE OF THE WEEK



1 container (8 oz.) Strawberry Light Cream Cheese Spread

1/2 cup chopped strawberries

COMBINE cream cheese spread and strawberries in medium bowl. ADD grated lemon peel and lemon juice; mix well. Cover.

Strawberry Fruit Dip

1/4 tsp. grated lemon peel

2 tsp. lemon juice

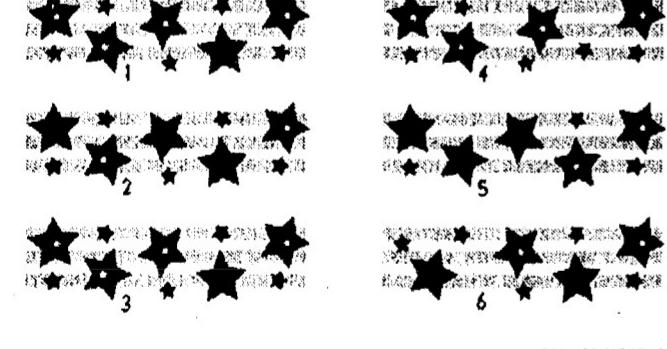
Refrigerate at least 1 hour to allow flavors to blend.

SERVE with assorted fresh fruit dippers.



FIND THE TWINS

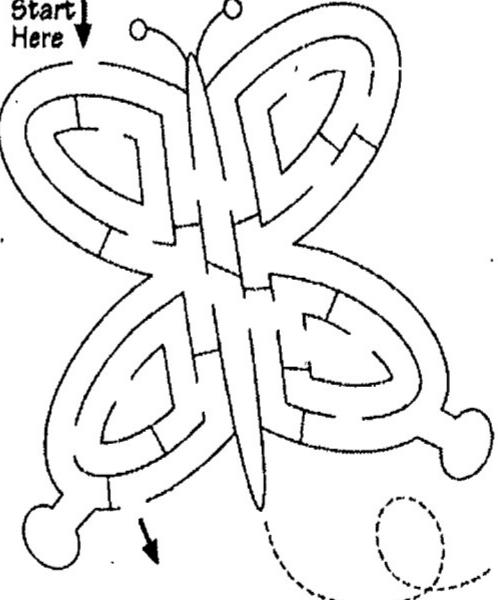
WHICH TWO ARE EXACTLY ALIKE?



DID YOU KNOW??

During the chariot scene in "Ben Hur" a small red car can be seen in the distance.

MAZE



ADOPT A PET



Top: This smiling guy is Grizz. He is a Collie/Chow mix (we believe) who is, at the most, a year old, and neutered. He is very friendly, loves kids and women, but is a bit timid around men. We're working on that! He is also good with other dogs and does not appear to mind having cats around. If you would like to give Grizz a loving home, stop by the shelter and meet him today!

Bottom: Kiki is a lovable female Blue Cream Calico, about 7 months old, and a real sweetie. If you are interested in meeting her or one of our many other beautiful cats currently waiting for a new, loving home, please stop by the shelter today.

For information on any of our pets that are up for adoption, please visit our website at: www.acspcfinder.com

Animal Shelter has received a grant for low cost spaying and neutering.

Anyone who can not afford to spay or neuter their pet is urged to call Janet Andrews at Northern Tails Grooming 989-344-9999.

Dog Opolo and other games (\$25) are on sale at The Copy Shop. All proceeds to the shelter.

Help build a new shelter. Buy a "Driving Into the Future" raffle ticket for a chance to win a 2005 Dodge Durango! Tickets are \$100 each; only 2,000 will be sold. Send check or money order for amount of tickets requested to: Animal Shelter of Crawford County, P.O. Box 384, Grayling, MI 49738. Tickets also sold at the Avalanche, Riverland Gear, The Medicine Shoppe, Chemical Bank, The Copy Shop, 7-11, Scheer Motors, Chamber of Commerce and the shelter.

The Animal Shelter of Crawford County is located at:
508 1/2 Huron Street (M-72 East) in Grayling

Between the Road Commission and the Eagles Hall

Hours: Mon. - Sat. 9 a.m. - 1 p.m.; Sun. and Holidays 8 a.m. - 11 a.m.

After hour appointments available. Call (989) 348-4117

HOROSCOPES

For the Week of May 19, 2005

	CAPRICORN Friends cancel plans. Take advantage of the opportunity to get a jump-start on a home improvement project. An objective at work is reevaluated.		ARIES Your head is on the chopping block for forgetting a special occasion. Make up for what you've done with something splashy and don't dare let it happen again.		CANCER The time is right for you, Cancer, to make your financial dreams a reality. Set up an appointment with a financial advisor and start making long-term plans.		LIBRA An argument between friends gets ugly. Stay out of it and let nature take its course. Exercise becomes a priority to combat stress.
	AQUARIUS Don't blow a friend's racy behavior out of proportion. After all, Aquarius, it's part of their charm. Accept them for who they are and be grateful they're always there for you.		TAURUS The art of compromise evades you this week and you have to learn everything the hard way. Don't be too hard on yourself. You're only human.		LEO A neighbor lets a secret slip. Keep their confidence at all costs, Leo. You don't want what they have said to get out. An e-mail points to a solution.		SCORPIO Don't be surprised if you have to make several allowances this week. An heirloom inspires you to reconnect with an old friend.
	PISCES A development at home sends you into a tailspin. Climb out of your pit of despair with a road trip. Pick up a few friends and head somewhere fun.		GEMINI The time has come for you, Gemini, to stop playing dodge ball with a friend. Confront what has happened and deal with it. A romance blossoms.		VIRGO Your penchant for organization is a plus, as you're asked to take on a very important project at the office. Concentrate on the details and leave nothing undone.		SAGITTARIUS Romance moves front and center. Pleasant surprises are in store. A relative shares fantastic news. Have them over to celebrate.
December 22 - January 19	March 21 - April 19	June 22 - July 22	September 23 - October 22	October 23 - November 21	November 22 - December 21		
January 20 - February 18	April 20 - May 20	July 23 - August 22	September 22 - September 22				
February 19 - March 20	May 21 - June 21	August 23 - September 22					

WEATHER

Courtesy of the City of Grayling

Last Week

Date	H	L	Rain	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
5/11	72	44	0						
5/12	53	28	0						
5/13	52	28	0						
5/14	48	38	0.36						
5/15	54	39	0.17						
5/16	46	34	0.02						
5/17	52	26	0						
	AM Showers	Few Showers		Partly Cloudy	Partly Cloudy	Scattered T-Storms	Showers		

ADVERTISING CLASSIFIED

Crawford County Avalanche

1. Real Estate

MUST SEE, NEWLY RENOVATED mobile home for sale by owner. For details/appointment call 989-344-2841. (-12-19-26-2/1)

1. Real Estate

GRAYLING SURVEYED 2.5 ACRES Rolling valley, great view, near AuSable main stream, state land, \$17,900 by owner. 989-348-7355 (3/17/05tf/1)

1. Real Estate

LOOKING FOR RENTAL or L/C in Lovells, Grayling, 989 area. Have down payment, call 989-858-6542. (-12-19-26/1)

1. Real Estate

DAWN BUYS HOMES Foreclosure, divorce, job transfer? No problem, don't ruin your credit. Call 231-564-0226, dawn-md@localnet.com. (-19-26-2-16/1)

1. Real Estate

FULL OF POTENTIAL This large home is the ideal corporate retreat or residence for those seeking space. This 6 bedroom, 4 bath home is nestled in 20 acres of beautiful hardwoods. With some finishing touches you could own this one of a kind. Priced below value, \$299,000. MLS# 235554. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

1. Real Estate

LOVELY THREE BEDROOM HOME that has been totally remodeled. Home features large master suite with vaulted ceilings, tongue and groove, hardwood floors, maple cabinets, huge perennial gardens and 28 X 38 garage. What a great value! \$122,900. MLS# 235736. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

1. Real Estate

Deeded Access to Bear Lake

Office: (989) 348-7440
Toll Free: 800-731-4002
Cell Phone: (989) 330-0765
www.remax-grayling-mi.com
Email: DebSellsForU@aol.com

Assisting you in your real estate

1. Real Estate

**Century 21®
RIVER COUNTRY REAL ESTATE**



Deeded Access to Bear Lake. This 2 bedroom, cabin comes completely furnished. Sitting on 2 and a half lots with beautiful mature pines and hardwoods. With just a little TLC this place could be your perfect up north get a way. #5493 \$49,900

877-763-1478
www.century21grayling.com
5688 M-72 West
Grayling, MI 49738
Fax: 231-564-0226
Vicki@12k.com

Vicki Harrington
Commercial & Residential



Outstanding Location! High visibility and exposure. 2 Acre lots starting at \$27,500 located on M-72 West, just before CO HWY 612. Zoned Commercial, ready for you to build your business, whatever it maybe. Check it out. #5451-5458

1. Real Estate

MANY NORTHERN MICHIGAN Properties www.century21grayling.com (1/7/99tf/1)

FOR SALE BY OWNER- Great family home, 3-4 bedroom, 2.5 bath, 1900 sq', ranch with unique floor plan, 2.5 car attached garage, large deck & fireplace on 1 acre. New windows & roofing + 2 story storage barn. Located 2 miles from Higgins Lake and near state land. We have lived here 20 years, with kids gone it's time to downsize. \$139,900. 989-275-4126 or 989-821-0376. (-19-26/1)

THIS IS A GREAT 3 bedroom, 2 bath home with a loft for a possible 4th bedroom. Large garage with workshop on 2 nice lots. Perfect for the growing family, \$127,900. MLS# 238441. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

GREAT LOCATION and within walking distance of Lake Margrethe, \$83,000. MLS# 231561. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

3 BEDROOM, 1 BATH home is completely remodeled with a beautiful rustic look. Bordered by state land on one side with the North Branch of the Boardman River running beside home. Home warranty included, \$99,900. MLS# 238445. Call Coldwell Banker Cornell Realty at 989-348-6481. (-19/1)

1. Real Estate



THIS COMFY LITTLE 3 BR, 1.5 BATH home is a great starter with new hardwood flooring in kitchen, doorwall onto deck, never carpet and tile in living room, new Birch cupboards in utility room and a fenced-in yard. It also has new ceiling fans and a new dishwasher. \$79,500 #237269

Call Dianne Murphy at Coldwell Banker Cornell Realty for a personal preview of this unique property.



CORNELL REALTY

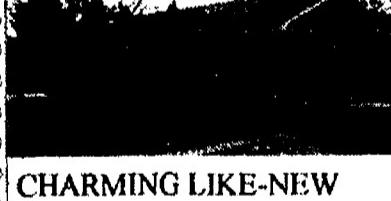


Toll Free at
1-800-300-6653
989-348-6481



Coldwell Banker Cornell Realty
2003 S. I-75 Business Loop.
Grayling, MI 49738
989-348-6481 * 800-300-6653
www.cbcornell.com or
www.coldwellbanker.com
LOOK IN THE CLASSIFIEDS
FOR MORE LISTINGS!!

WEEKLY FEATURED LISTINGS



CHARMING LIKE-NEW HOME on 5 acres. Full basement/3 blocks high, 2 B/R, 1.5 baths, cathedral ceiling, Hickory Cabinets new appliances, 30'X40' pole building MLS# 238371 \$129,900



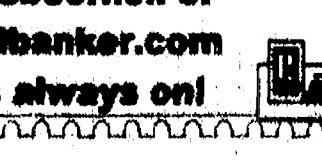
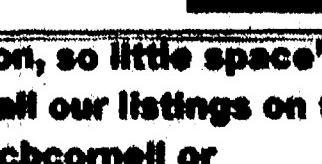
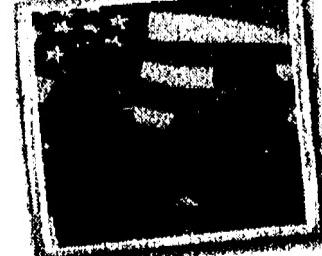
VACATION HOME ON BEAR LAKE'S ELANOR BAY offers 3 B/R, 1.5 baths, wrap-around deck, 2 docks, split floor plan w/open living area, tile & hardwood floors, walk-in pantry & more! MLS# 238144 \$264,000

MOVING STORIES • MOBILIZING THE TROOPS

COLDWELL BANKER CORNELL REALTY

My family and I had to relocate in a hurry, so we needed a Realtor® on active duty, ASAP. My CO recommended the **COLDWELL BANKER® Military Markets Program**. They understand the unique needs of military personnel and have a referral network of offices across the ConUS and around the world.

"So much information, so little space"
Stop in to visit or see all our listings on the web at www.cbcornell.com or www.coldwellbanker.com
The coffee is always on!



Page 12B -- AVALANCHE -- Thursday, May 19, 2005

TOOL CART long box, needs legs. \$15. 348-6592. (-19/5)

NEAR NEW 6 1/2 ft. Snowway Snowplow, \$1,000 or best offer. 1997 Ski-Doo MXZ 670, \$1,200 or best offer. Complete unassembled 1968 Chevy 402 big block; block and crank still in plastic box from machine shop. 1966 Chevy 350, motor runs excellent, \$400. 348-1870 or 619-0912. (-12/19/5)

FIRE WOOD- Dry, hardwood, ready to burn, \$50/face cord. Delivery available, 348-1870 or 619-0912. (-12/19/5)

2 TWIN SIZE steel bed frames, \$10 each, 348-6592. (-19/5)

WANTED-SCRAP VEHICLES top dollar paid. Pick up available. 888-471-3818. (3/3/05t/f/7)

PRIOR SERVICE WANTED from all branches of service to join the Michigan Army National Guard. Offering: \$15,000 to stay in previous job skill. Pay for weekend drill (E-5 with 6 years in \$294). College benefits (Montgomery G.I. Bill, 100% federal tuition assistance, state reimbursement). Pay up to \$20,000 of student loans. Earn towards retirement after 20 years of service. For more information please call SFC James Amy at 989-548-5397. (-5/12-19/26/6)

BASKET WEAVER to do a new rim on a hamper. 348-6592. (-19/26/6)

CAMERA FLASH for manual Pentex. Call Michael at 989-348-7463, afternoons. (-19/26/6)

4 X 8 LIGHTED SIGNS for sale or lease, tables and chairs for lease, trash barrels for sale. Fick & Sons, Grayling. (989) 348-7647 or 1-800-292-9295 (4/24/03t/f/7)

FREE TO GOOD HOME. 40" TV tower. You take it down and it's yours. 348-5474, ask for Betty. (-19/7)

PLAY A FREE ROUND of golf for just the cart fee or \$5. We are holding a golf etiquette class sponsored by Hawk Ridge Golf Course & Golf USA of Gaylord. There will be free gifts and prizes. The number of participants will be limited so reserve your tee time now. The event will start at 10:00 on the 21st of May. You must be 16 years of age or older with a valid drivers license. Call 989-275-2000 to register. (-12/19/8)

KOEGEL DETROIT STYLE CONEYS \$1.45 on Mondays. Huge sandwiches. Full-line Stash, Teas, \$3.19. Bloomin Grape Deli. 989-344-2221 (Ave Hardware Complex). (3/10/05t/f/8)

HUNTER SAFETY TRAINING class offered. The Grayling Sportsman's Club is offering a DNR "Hunter Safety Training" class on Wednesday, May 25 from 6 p.m. to 9 p.m. and on Saturday, May 28 from 9 a.m. to 4 p.m. The class will be held at the Grayling Sportsman's Club and will include live fire on the range. Attendance at both sessions is required to be awarded the DNR Orange Card. Class size is limited to 40 students. For more information or to enroll, call Jim Smith evenings at 348-1202. (-19/8)

HAPPY 25TH ANNIVERSARY JOHN What were we doing on May 22, 1980? I love you for always! Love, Cheri. (-19/9)

ROTARY GARAGE SALE- lots of stuff for everyone. Bear Archery Building on M-72 West, Saturday, May 21, 9-5, and Sunday, May 22, noon-3:30. If you have items to donate, call and we'll pick them up. 348-1353. (-12/19/10)

MULTIPLE FAMILY YARD SALE at 900 Maple Street; Warbler's Way Motel, Friday and Saturday, May 20-21, 9-5. (-12/19/10)

YARD SALE- THREE FAMILY, 505 Ionia St., 9-7, May 17-20. (-19/10)

Annual Michaywe Garage Sale
100's of homes throughout Michaywe

9:00 AM - 4:00 PM

Saturday, May 21

Maps available at Charles Brink Rd. entrance.

7th Annual Giant Garage Sale
Rotary Club of Grayling

Saturday, May 21

9 to 5

Sunday, May 22

12 to 3:30

Bear Archery Building
M-72 West.

To donate good items for sale call - 348-1353

9-3 Child clothes, toys & lots of misc. 7732 W. 4 Mile Rd. (-19/10)

LOTS OF NEW & used home decor, an XM Radio set up, china cabinet, tea clothing (size 6-10), futon furniture, small appliances, large amount of Mikasa glasses, vanity set, sub woofers, 20X30 fence with door (great for dogs or large garden), much more. 989-344-2858; 1732 Shaw Park Rd., off Stephan Bridge Rd. Saturday & Sunday, 9-4. (-19/10)

LAKE MARGRETHE GARAGE SALE: 1573 Malcom off Eagle Point. Household items and some clothes. Friday 10-2; Saturday 9-1. (-19/10)

CORNER OF ERIE & Michigan Avenue. Kitchen table, dishes, material, clothing, books, rocking chair, roll-away bed, book shelf and lots more! Friday & Saturday, 9-6. (-19/10)

MAY 13-20 9-5, 21, 10-2. Townley's have moved to 301 Stuart Place. Offering you our extra stuff. Table saw, welder, router & table, some furniture, lawn furniture, nice nacs, toys, dishes, glassware, guns, Cub Cadet yard tractor, clothes, lots of extras. Follow signs in Mobile Estates. (-19/10)

FRIDAY & SATURDAY, May 20-21, 10-3. We have adult & kids skis, snowboard & boots, miscellaneous furniture, movies, books, toys, some building materials and clothes from kid to adult sizes. 6661 Norseman Dr. (behind the Township building). (-19/10)

MOVING SALE- Saturday, May 21, 9 a.m. to 4 p.m. in apartment 31 on Lawndale, next to garage. (-19/10)

3 FAMILY GARAGE SALE May 26, 27, 28, 509 Rose St., back of North Central Credit Union. (-19/26/10)

GARAGE SALE 20th & 21st, 9-3, 1377 Little John Ave. (-19/10)

GARAGE SALE May 27-28, 9-5, 8871 S. Oak, Roscommon. 1 mile north of Fletcher. Canoe boat & many other items. (-19/26/11)

1992 MERCURY COUGAR, V8, 69,000 miles. 1994 Ford Lightning pickup, 5.8 V8. 1995 Ford Lightning pickup. 1986 Honda V65 Magna, 18,000 miles. 1994 Bronco, 4X4, all excellent condition. For more information call 989-275-5135. (-19/26/11)

1998 PONTIAC MONTANA Trans Port extended mini van. Trailer towing package, new exhaust system, great gas mileage, one owner, \$4,500. 989-348-8037. (-19/26/11)

1999 FORD 1 TON, 12 ft. stake, 460 motor, C6 transmission, dual wheels, newer motor, needs to be hooked up.

1998 MAZDA TRUCK, 4X4, lots of new parts, needs some work. \$700 or

AS LOW AS 100,000 miles, 5 speed, spoiler on back, runs good, no rust. \$1200 OBO. 348-6578 after 3 p.m. (-19/11)

1999 GM GMC S-15 4X4 pickup. Rebuilt motor, automatic, many new parts, runs great, good woods truck. \$850 or best offer. 348-8814. (-19/11)

1999 FORD 1 TON, 12 ft. stake, 460

1998 SCHEER MOTORS

OIL CHANGE IN 29 MINUTES

OR LESS OR THE NEXT ONE IS FREE!

***Oil change**

(up to five quarts of oil)

***Oil filter**

***Chassis lube**

***Fluid level checks**

Brakes - differential

transfer case - transmission - windshield washer

***25-point inspection**

No Appointment Necessary

• Competitive Up-Front Pricing

• Limited Lifetime Guarantee on Parts & Labor

• Courtesy Transportation

• Goodwrench

SCHEER

MOTORS

US-27 North, Grayling • 989-348-5451

SEE DEALER FOR GUARANTEE DETAILS

AS LOW AS \$850

OBO 348-6578. (-19/11)

1999 GM GMC S-15 4X4 pickup. Rebuilt

motor, automatic, many new parts, runs

great, good woods truck. \$850 or best

offer. 348-8814. (-19/11)

1999 FORD 1 TON, 12 ft. stake, 460

1998 SCHEER MOTORS

AS LOW AS \$24.95

We accept:

Visa - Mastercard - Discover

American Express

Hours: Mon 7:30 am - 6:00 pm

Tues - Fri 7:30 am - 8:30 pm

Sat 9:00 am-2:00 pm

*** Price & 29 minute guarantee apply to GM & Chrysler vehicles only, diesels extra.**

RUMMAGE SALE

FRIDAY, MAY 20 - 9 am to 5 pm

SATURDAY, MAY 21 - 9 am - 2 pm

2 BAGS/\$1.00 ON SALE ON SATURDAY - 12 TO 2

Furniture - Housewares - Appliances - Clothing -

10ft Christmas Tree -

Outdoor Mobile Sign w/6 in. Letters -

Push Hand Lawn Mower

MT. HOPE LUTHERAN CHURCH

2 Miles North of Grayling on Bus. Loop I-75 (Old 27)

at M-93 (Hartwick Pines Road).

HOT BUTTON BONUS CASH!!

EITHER WIN A NEW GM CAR OR TRUCK OR GET \$1000 TOWARDS BUYING ONE!!

BRAND NEW 2005 CHEVY COLORADO EXT. CAB



ZERO DOWN! \$246 per mo. lease

BUY FOR \$18,738!!

WOW! An extended cab loaded with all the right options!

6 CD changer with XM satellite radio, Automatic, Air, power options. What a great truck! stock #05235

BRAND NEW 2005 CHEVY MALIBU LS



**HURRY!
ENDS
5/31/05**

ZERO DOWN! \$255 per mo. lease

BUY FOR \$18,103!!

A great car! Great gas mileage! Equipped right! stock #21150

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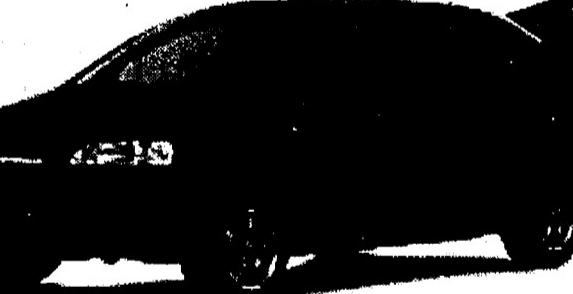
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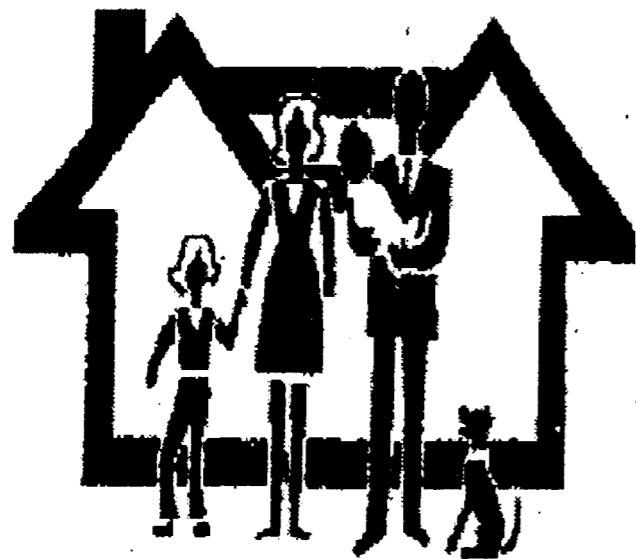


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Don't Get Bugged by Mosquitoes This Year

(NUI) - Warm, wet weather can lead to the early arrival of the West Nile virus. The pools of standing water left from the rains serve as excellent breeding places for mosquitoes, including those that carry the West Nile virus.

Since the West Nile virus was first identified in the U.S. in 1999, mosquitoes have become more than just a nuisance. They have contributed to more than 16,000 West Nile virus cases and 600 deaths in this country alone. Although mosquitoes are expected to be out in full force this summer, homeowners can help reduce mosquito populations in their areas with the following steps.

- Clear standing water from your landscape. With a wetter-than-normal spring, many homeowners now have standing water in their yards. Because mosquitoes lay their eggs in stagnant water, the best way to decrease the mosquito population around the home is to eliminate this habitat. To do so; cover, empty or remove containers that hold water; clean out gutters and drainage ditches; and replace water in flower pots and birdbaths every three to four days.

- Create movement in stagnant water. Water can't always be eliminated when you have pools and



Photo courtesy of www.newsusa.com

Removing stagnant water around your property can help reduce mosquito populations and the threat of the West Nile virus.

ponds on your landscape. Another option for stagnant water sources is to add a water pump, fountain or waterfall. Also, swimming pools and hot tubs make great mosquito habitats. Homeowners should ensure that these bodies of water are chlorinated according to the manufacturer's directions and covered when not in use.

- Consult your local public health department or pest control professional. Health departments and pest control professionals can help you

locate potential mosquito habitats and treat them with environmentally friendly larvicides. These products kill mosquito larvae before they can become biting adult mosquitoes. You should also check with your local public health department to ensure larvicide is being used near your home and in other parts of your community.

For more information about how to protect yourself and your family from the West Nile virus, visit www.MosquitoAwareness.com.

Eight Tips to Keep Your Home Healthy

(NUI) - The quality of the air in your home can affect your health. This is especially true during the winter months when people tend to stay in their homes for longer than usual periods of time.

Mold, household cleaning products, asbestos and combustion sources, such as oil, gas and kerosene, are all causes of indoor air pollution.

Health effects from indoor air pollutants can occur soon after exposure or years later.

Irritation of the eyes, headaches, dizziness and fatigue may show up after a single exposure. Such immediate effects are usually short term and treatable. Sometimes the treatment involves simply eliminating the person's exposure to the source of the pollution.

Other health effects, such as some respiratory diseases, heart disease and cancer, may show up years after exposure and can be severely debilitating or fatal.

The Consumer Federation of America and the Environmental Protection Agency urge homeowners to take action to improve the indoor air quality in their homes. During the heating season, follow these tips to keep your home's air as

clean as possible:

- Vent all furnaces to outdoors; keep doors to the rest of house open when using unvented space heaters.

- Choose properly sized wood stoves certified to meet EPA emission standards and make certain that doors on all wood stoves fit tightly.

- Have a trained professional inspect, clean and tune up the central heating system annually. Repair any leaks.

- Change filters on central heating and cooling systems and air cleaners according to manufacturer's directions.

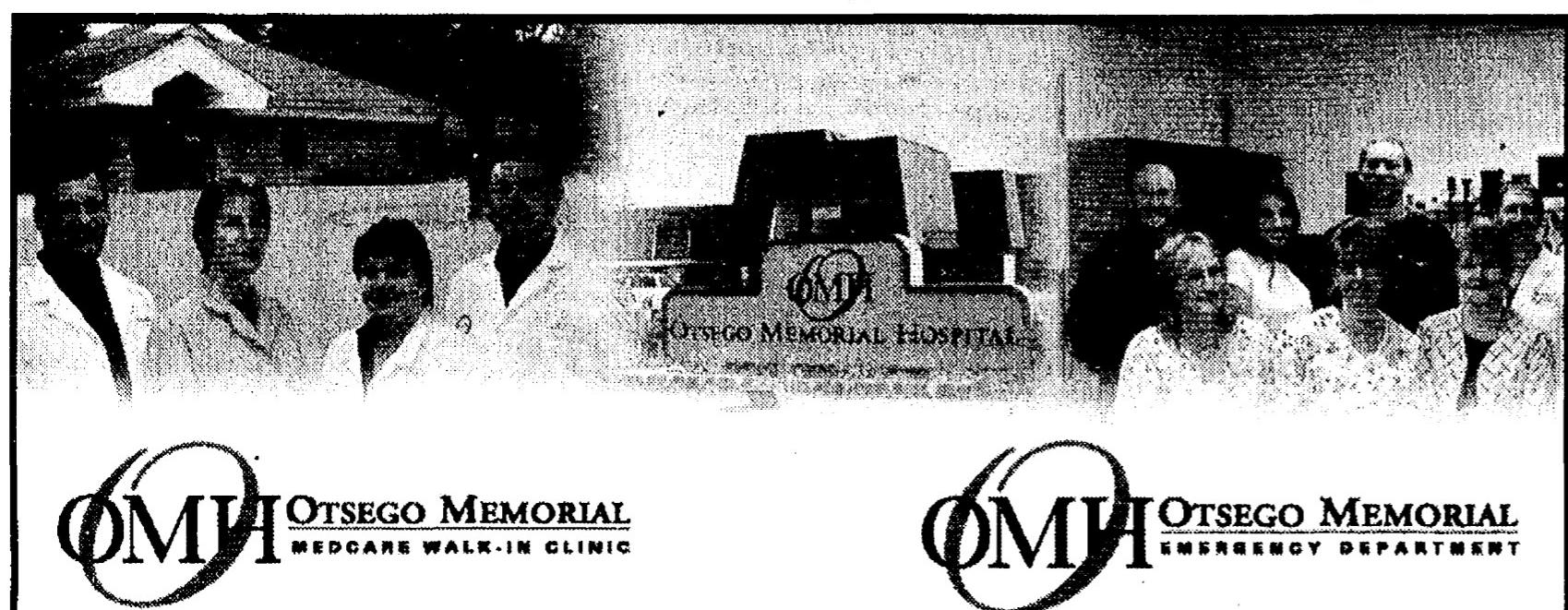
- Take special precautions when operating fuel-burning unvented space heaters.

- Install and use exhaust fans over gas cooking stoves and ranges and keep the burners properly adjusted.

- Keep wood stove emissions to a minimum. Choose properly sized new stoves that are certified as meeting EPA emission standards.

- Have central air handling systems, including furnaces, flues and chimneys, inspected annually and properly repair cracks or damaged parts.

For more information, go to www.consumerfed.org or www.epa.gov/iaq/combust.html.



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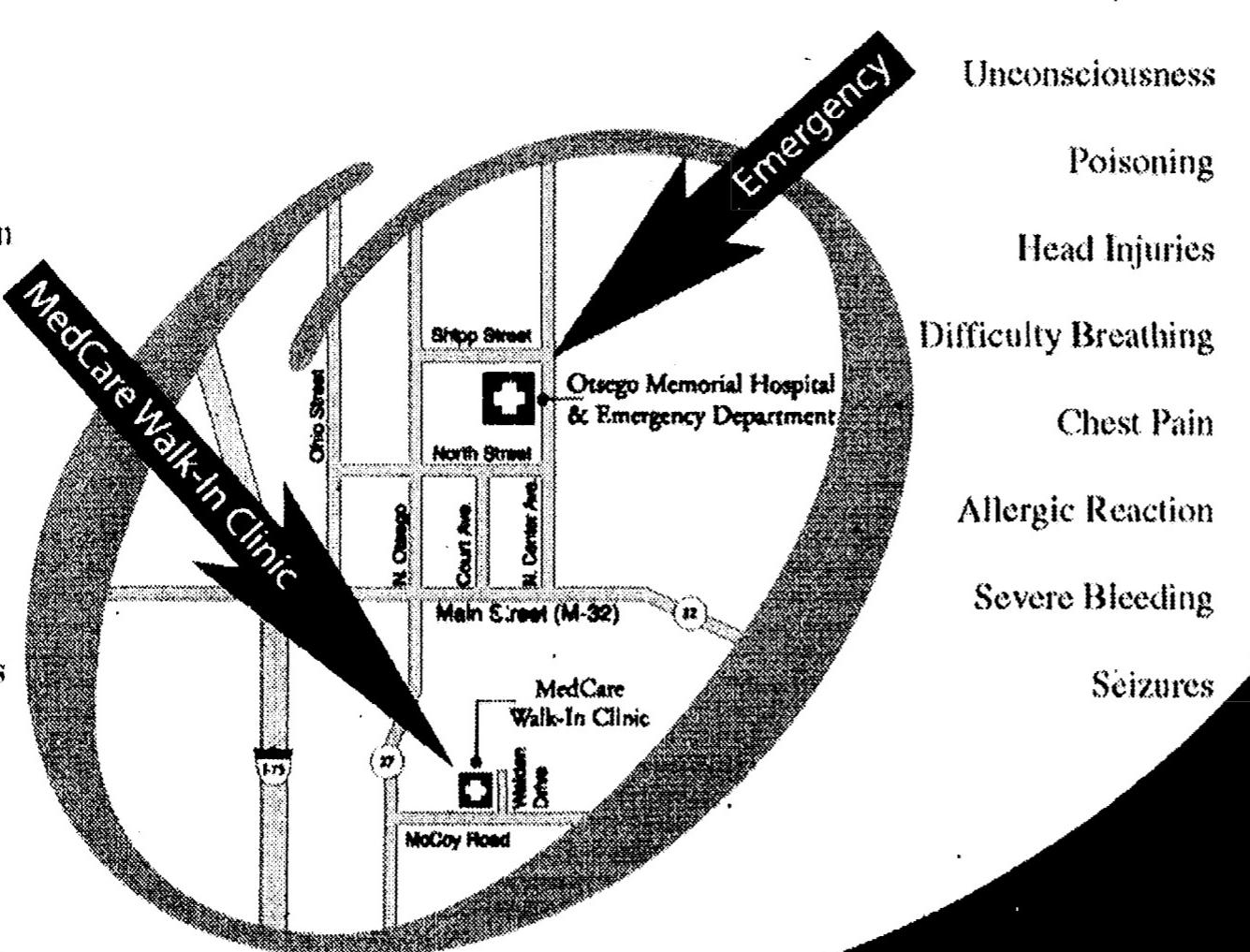
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Cholesterol and Diabetes: Getting to the Heart of It

(ARA) - If you are one of 18 million Americans affected by diabetes, you already know how important it is to monitor your blood sugar levels. However, do you also keep close track of your blood lipids? Abnormal levels of blood lipids, which are actually fats in your blood, can lead to cardiovascular disease, a leading cause of death for patients with type 2 diabetes.

Many people with diabetes have an abnormal lipid profile - high-density lipoproteins or HDL (good cholesterol) levels that are too low, and triglyceride levels that are too high. Also, low-density lipoproteins or LDL (bad cholesterol) particles are unusually small and dense, which can be especially harmful to blood vessels. This combination of factors is known as diabetic dyslipidemia, and can lead to heart attack and stroke.

"Diabetic dyslipidemia means your lipid profile is going in the wrong direction," said Mehmood Khan, M.D., F.A.C.E., senior vice president for Medical and Scientific Affairs, Takeda Pharmaceuticals North America, Inc. "It is a deadly combination that puts patients at risk for premature coronary heart disease and atherosclerosis - where the arteries become clogged with fat."

A recent study conducted by the Centers for Disease Control and Prevention found that 70 to 97 percent of individuals with diabetes have diabetic dyslipidemia. To decrease complications from this condition, people with diabetes need to control their lipids as carefully as they monitor their blood sugar. In fact, the American Heart Association reports that for every one percent you lower your LDL

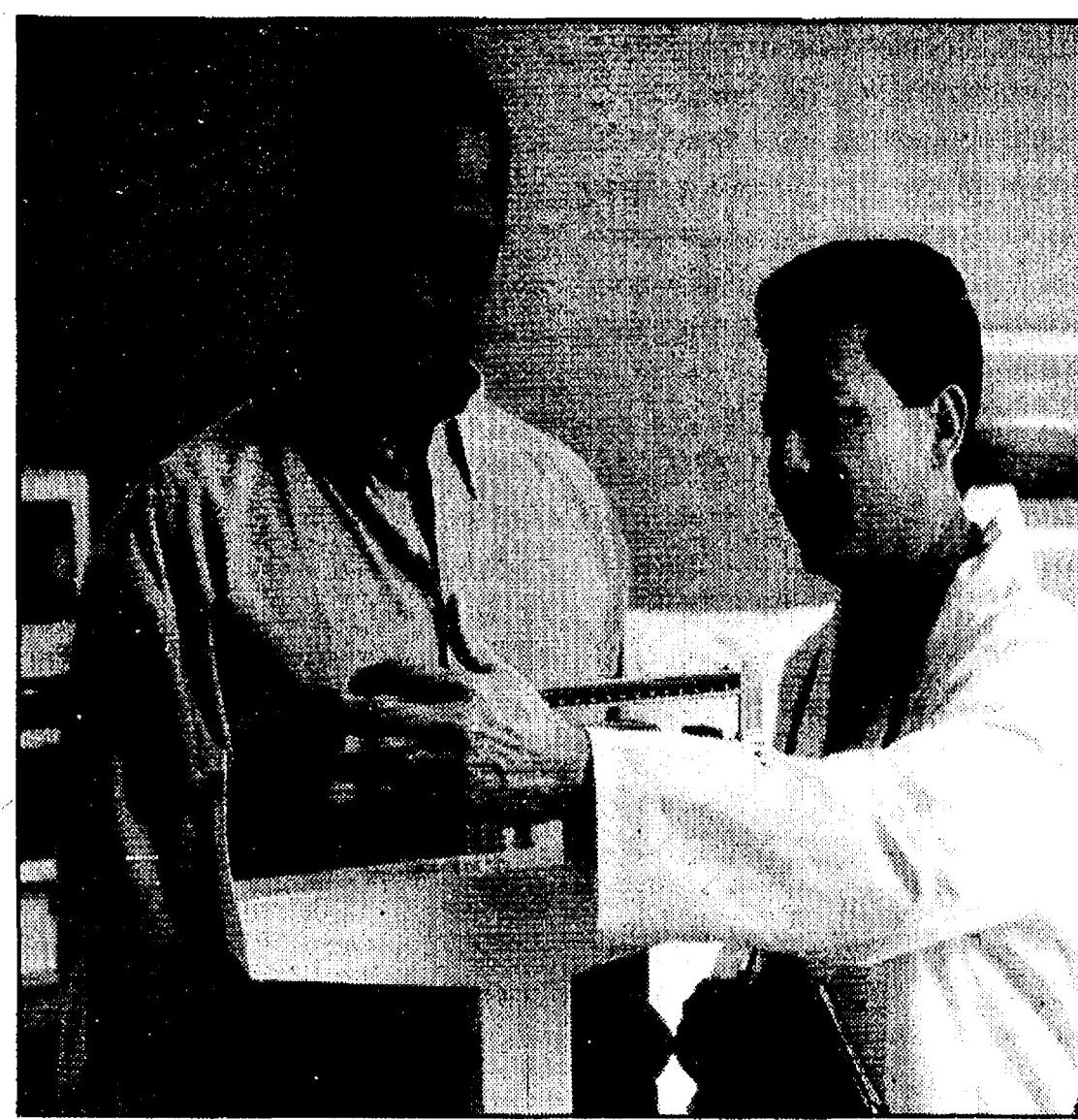


Photo courtesy of Getty Images and ARA Content

One step to controlling your lipid profile is to schedule an appointment with your physician or health care provider to have your blood lipid levels checked. If there are any problems, you can work with your physician to develop a treatment plan that is right for you.

cholesterol, you reduce your risk for cardiovascular disease by one percentage point.

There are steps you can take on your own to manage your lipid profile and diabetes. This includes making sure you have healthy eating habits, and incorporating some form of physical activity into your daily routine. These lifestyle changes can help reduce your risk of complications from diabetes, and raise your chances for a healthy life.

Another step to controlling your lipid profile is to schedule an

appointment with your physician or health care provider to have your blood lipid levels checked. If there are any problems, you can work with your physician to develop a treatment plan that is right for you, which may include cholesterol-lowering medication. If you are currently prescribed medication for type 2 diabetes, ask your physician about its effects on your cholesterol, as some diabetes medications may have the potential to impact your cholesterol profile.

(Courtesy of ARA Content)

Five Tips to Take to Heart

(NUI) - From weight lifting to sit-ups, we're always looking for a way to beef up our physique. But, while we're busy concentrating on our abs, many of us forget about the most important muscle to maintain - the heart.

According to the American Heart Association, heart disease is still the leading cause of death in the United States. Though advances in technology and awareness are helping more people survive heart disease, preventing the disease is much easier than treating it.

Prevention is easier than you think. By following the rules below, you just might be saving your life.

- Get a checkup. In our busy schedules, it may be hard to fit in an annual visit to the doctor, but it's not only necessary, it's also the first step in learning how to improve your heart health.

- Improve your diet. With a healthy diet of food low in fat, cholesterol and salt, you will be improving your health from the inside out. Also include fruits, vegetables, grains and fiber into your daily routine.

- Reduce stress. In times of stress, people with heart disease are more likely to have a heart attack.

Figure out what stresses you the most and try to eliminate or reduce those stressful activities. Also, breathing techniques, meditation and exercise can reduce stress and help you relax.

- Start a daily exercise program. Being overweight forces your heart to work harder than it should. By

exercising regularly you'll be improving your heart function and boosting energy.

- Stop smoking. Smokers run more than twice the risk of having a heart attack than non-smokers. By quitting, your risk of coronary heart disease will drop immensely just in the first year.



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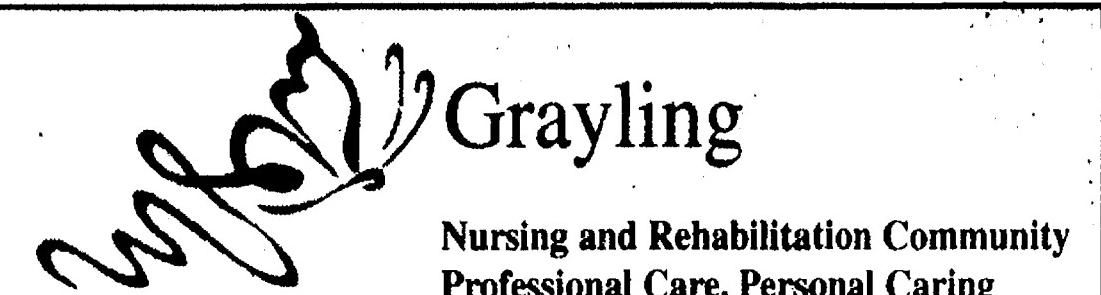
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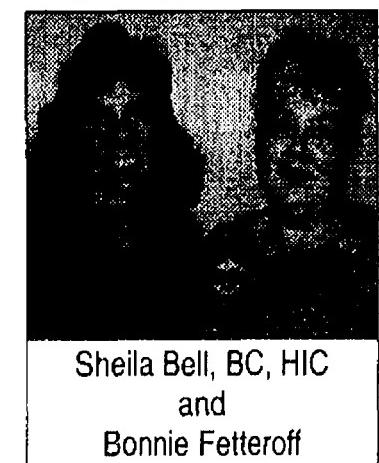
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New Survey Shows More Can Be Done to Help Manage Arthritis Pain

(ARA) - Despite tremendous advancements in treatments available for rheumatoid arthritis (RA), a nationwide survey by the Arthritis Foundation shows that nearly 70 percent of people currently receiving RA treatment still experience pain, stiffness and fatigue on a daily basis. Results also reveal that more than one-third rank their quality of life with RA at only a five out of ten.

To identify unmet needs of the RA community regarding treatment options and quality of life, the Arthritis Foundation, in collaboration with Harris Interactive, surveyed 500 adults with RA. The most common medications used to treat RA include disease-modifying antirheumatic drugs (DMARDs), such as leflunomide or methotrexate, and biologic response modifiers (BRMs), such as etanercept, adalimumab, anakinra and infliximab.

While half of the people surveyed

report that some symptoms, such as joint pain, stiffness, and swelling are reduced by medication, 49 percent report they continue to change their daily household activities as a result of their arthritis.

"This survey brings to light the need for aggressive research in the treatment of rheumatoid arthritis, a disease affecting more than 2.1 million Americans," says Dr. John H. Klipper, president and CEO, Arthritis Foundation. "It is a clear indication that we still have a great deal of work to do to improve quality of life for people with RA when more than one-third of the people surveyed feel their condition affects their ability to control their own future or perform daily activities, in spite of taking their medication. The Arthritis Foundation encourages people with RA to play an active role in their treatment by asking their physicians about the latest treatments available, as well as promising new research on the horizon."

Despite significant improvements in treatment for RA over the past 10 years, the survey also found that among those affected by the disease:

- More than 50 percent are extremely concerned about their ability to take care of themselves or the likelihood of becoming disabled in the future
- The two most important factors in possible new treatments for RA are that the medication relieves pain more completely or provides longer periods of relief from their pain
- The top three concerns about RA treatments are the potential for long-term consequences for overall health, an increased risk of infection, and inadequate relief of fatigue
- Nearly three-quarters are very or extremely interested in having their treating physician tell them about new RA therapies
- Nearly two-thirds are very or

extremely interested in having their treating physician tell them about new RA clinical trials for which they might qualify and spend more time explaining RA medications

"These findings clearly show that patients desire more information and heightened communications with their treating physicians," says Dr. Eric Ruderman, medical advisor to the Arthritis Foundation and assistant professor, Feinberg School of Medicine, Northwestern University. "This represents a call-to-action to the healthcare community to expand our dialogue with patients about current treatments, discuss new RA clinical trials and keep them abreast of emerging research, such as different approaches to impact the immune cell interaction in RA."

Arthritis is the nation's leading cause of disability, costing the U.S. economy more than \$86 billion annually. RA is an autoimmune disease in which the body's immune system attacks healthy joint tissue and causes inflammation and joint damage. The disease often persists for many years, typically affecting many different joints throughout the body, and causing damage to the cartilage, bone, tendons and ligaments of the joints. RA affects women three times more often than men, primarily in the childbearing years of a woman's life.

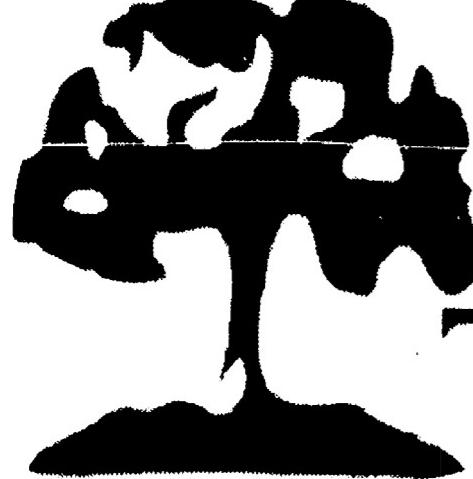
For more information about steps you can take to improve your quality of life with RA, contact the Arthritis Foundation at (800) 283-7800 or visit www.arthritis.org. The Arthritis Foundation offers free information, materials and access to "RA Connect" an interactive online community and comprehensive resource created by and for people living with rheumatoid arthritis as a creative means to connect with others who have been touched by the disease.

(Courtesy of ARA Content)

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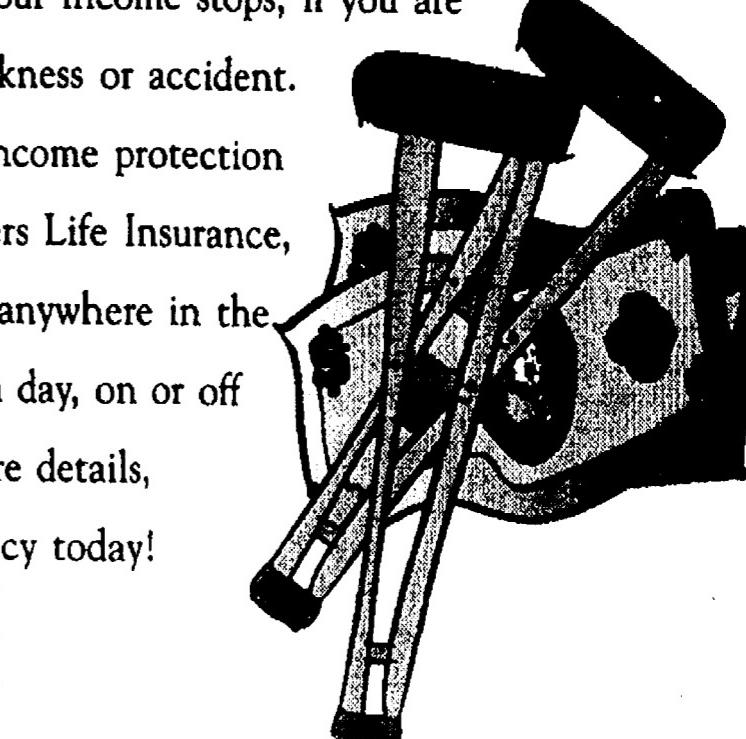
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Fresh Produce Plays an Important Role in a Healthy Diet

(ARA) - We all know that "an apple a day helps keep the doctor away," but the Dietary Guidelines for Americans released in January by the USDA drive home the importance of including a variety of fresh fruits and vegetables in your diet.

The guidelines recommend nine servings of produce every day as part of a healthy diet - four servings of fruit and five servings of vegetables. This is up from the previous recommendation of five servings a day.

"Fruits and vegetables are the powerhouse foods with mega-nutrition for few calories, and should be the cornerstone of any healthful diet," says Kathy Means, vice president of the Produce Marketing Association. Fresh fruits and vegetables are a great source of fiber, potassium and anti-oxidants.

About now, you may be thinking,



Photo courtesy of ARA Content

The Dietary Guidelines for Americans from the USDA recommend nine servings of produce every day as part of a healthy diet - four servings of fruit and five servings of vegetables.

Nine Tips to Promote Weight Loss

(NUI) - Sticking to a diet is difficult. Temptations are everywhere. From fatty fast food to greasy potato chips to dairy-rich ice cream, it seems impossible to escape diet-breaking foods.

Thus, it's common for dieters to give up after just a few days or weeks. Here are a few tips to help you stick to your diet and meet your goals.

• Decide on a realistic final weight and stay with it. If you set your goal too high, you will be disappointed with anything less than perfection. However, do not pick a goal that is too easily attainable or does not achieve the type of appearance or health benefits you seek.

• Keep a journal. Write down the foods you eat and the times you eat them throughout the day. After a few days, you will be able to see a pattern. For instance, you might find out that you tend to snack most often in the afternoon. Identifying the patterns in your food habits will help you conquer temptations.

• Eat slowly and enjoy your food thoroughly. By eating slowly, you can savor your food. This way, you'll eat your meal in your usual amount of time, but at the end, you will have eaten less food.

• Keep foods you are trying to avoid out of your house and workplace. It's easy to munch on snacks when they are easily accessible. If you don't see them, you won't eat

"sure, they're good for me, but how in the world can I work that many servings of fruits and vegetables into my daily routine?" The good news is that it's probably easier than it appears at first glance.

While nine servings of fruits and vegetables sounds like a lot, when you look at the total quantity of food involved, it becomes much more manageable. For example, four servings of fruit translates into two cups; five servings of vegetables works out to 2 1/2 cups. And if you're filling up on fruits and vegetables, you're much less likely to be craving a candy bar or chips.

Here are some tips for fitting those nine servings a day into your menu:

- Choose a variety of fruits and vegetables. Now is a good time to expand your horizons and try something new, like root vegetables or

ugli fruit.

- Try to include different colors of vegetables in your diet every day - red, as in peppers and tomatoes; green, such as spinach and kale; orange from carrots and squash; white from corn and cauliflower; and purple like eggplant.

- Make fruits and vegetables part of every meal. Have a glass of juice with breakfast, or add berries or bananas to your morning cereal. Add a salad to your lunch routine, and vegetable dishes to your dinner table.

- Fruits and vegetables are great as portable snacks. Grab an apple or some carrots on your way out the door.

- Smoothies are fun to make, tasty to drink and a good way to consumer fruits (and vegetables, too). Blend your fruit of choice with yogurt for a refreshing breakfast treat or a mid-afternoon pick-me-up.

The guidelines also advise consumers to practice safe food handling techniques. The Partnership for Food Safety Education has tips for the proper handling of fruits and vegetables at www.fightbac.org. They include checking produce for bruising or damage before you buy it, cleaning your hands before handling produce, cleaning the produce, and cleaning all surfaces that produce will come into contact with; and separating produce from other foods such as raw meat, poultry and fish.

Along with the advice to eat more fruits and vegetables, the guidelines also recommend reduced calorie consumption, limiting fat intake, consuming less salt and increasing daily exercise. Don't try to implement all these changes into your

lifestyle at once. Incorporate them slowly so you won't be overwhelmed. Over time, these changes will pay off in improved health and reduced risk for major chronic diseases.

For more tips on adding fresh fruits and vegetables to your diet, visit www.5aday.org.

(Courtesy of ARA Content)



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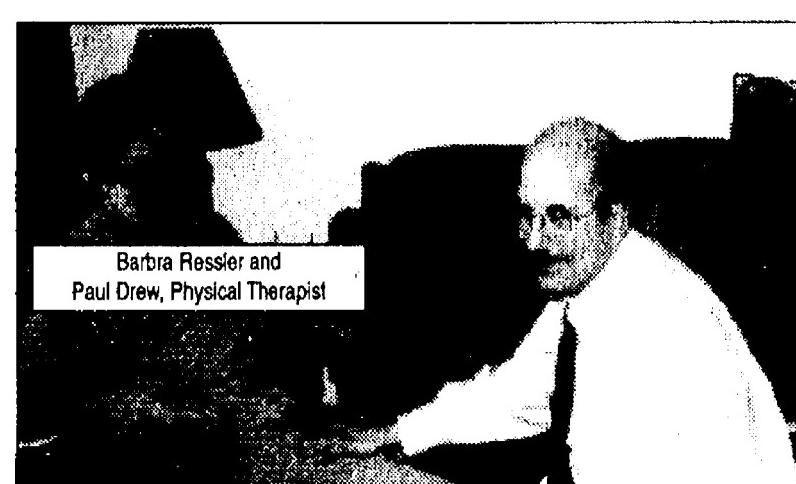
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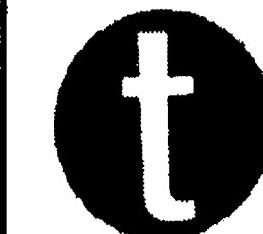
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Depression: Finding the Road to Recovery

(NUI) — Diagnosed with depression at the age of 35, Candace (to protect her privacy, only her first name is used) thought she was on the road to recovery. After months of taking an antidepressant prescribed by her family doctor, Candace was beginning to enjoy hobbies again. She also noticed that she wasn't crying as much anymore. Yet she still had vague aches and pains and often an upset stomach that wouldn't go away.

Candace was surprised to learn that these physical symptoms were linked to her depression. Her doctor told her that her aches and pains, as well as stomach problems, were preventing her from getting completely well and increasing her chances of getting depressed again.

Unfortunately, she is not alone. As many as 70 percent of depressed patients that visit their family doctor have physical symptoms. Recently, several depression experts gathered to talk about why so many patients with depression do not get completely better.

Defining Recovery

Successful recovery means something different to each patient. For example, some patients may think they are fully recovered when they are able to

stop crying frequently or return to work and pay their bills. Other patients may feel that they have recovered when they can maintain close relationships with their loved ones.

The patient and doctor should form a partnership and discuss goals of treatment, said Dr. Stephen Stahl, a psychiatrist at the University of California at San Diego.

Painful physical symptoms of depression, such as an upset stomach or back pain, can linger even after the emotional symptoms have disappeared, which makes a complete recovery harder to achieve.

"New research has shown us that patients have the best chances of recovery if both their emotional and physical symptoms are treated," Stahl said. "Many people don't realize that depression is more than just sadness and when we don't treat it as a whole body illness, the results won't be as good."

More Than Sadness

Mary Guardino, executive director of Freedom From Fear, a national mental health advocacy organization, noted that depression is a disease that comes and goes.

"Sometimes the physical symptoms mask the emotional symp-

toms. Other times, the emotional symptoms may be more troublesome," she said. "While the physical and emotional symptoms of depression are connected, the good news is that they can both be treated."

Current medical research on depression suggests that by increasing the levels of serotonin and norepinephrine simultaneously, the impact of both emotional and physical symptoms of depression on patients may be lessened.

"The goal for recovery should be to treat and improve the full range of symptoms," Stahl said. "Depression is a treatable illness. If your medication isn't helping you get better, talk to your health care provider about other options that can get you completely well." During an office visit, discuss these questions with your doctor:

- Is your sadness preventing you from doing what you like to do?
- What is making you the most sad?
- How do you feel emotionally and physically when you are feeling low?
- What does "getting better" mean to you?

For a free brochure about depression, call 1-800-475-MICH. For more information about depression, log on to www.freedomfromfear.org.

Learn the Myths and Facts About Diet, Nutrition

(NUI) — Are you trying to lose weight but are not sure whether you should eat only cabbage or grapefruits, avoid eating after 8 p.m. or skip lifting weights so that you do not bulk up?

Making sense of the myriad of weight loss, nutrition and physical activity myths can be confusing.

To clear up the confusion, the experts at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) have created the science-based "Weight Loss and Nutrition Myths" fact sheet. Not only does it give you the facts behind popular weight loss, nutrition and physical activity myths, it may also help you make healthy changes in your eating and physical activity habits.

The truth is, there are no quick fixes to losing weight or toning up, despite what many popular books, plans or infomercials promise. While some people may want to lose weight quickly, a slow and steady weight loss is healthier and more likely to be maintained over the long term.

According to the brochure, fad diets may sometimes produce rapid results but most people quickly get tired of them and regain lost weight. Furthermore, losing weight at a very fast rate (more than three pounds a week after the first couple of weeks) may increase your risk for developing gallstones.

Diets that provide less than 800

calories per day also could result in heart rhythm abnormalities which can be fatal.

Research suggests that losing one-half a pound to two pounds a week by making healthy food choices, eating moderate portions and building physical activity into your daily life is the best way to lose weight and keep it off.

Adding in weight training will also increase your metabolic rate. And no, lifting weights will not make you "bulk up." Actually, by adding strength training to your workout, you replace fat with muscle, which burns more calories than body fat. The fact is, if you have more muscle, you will burn more calories — even when sitting still.

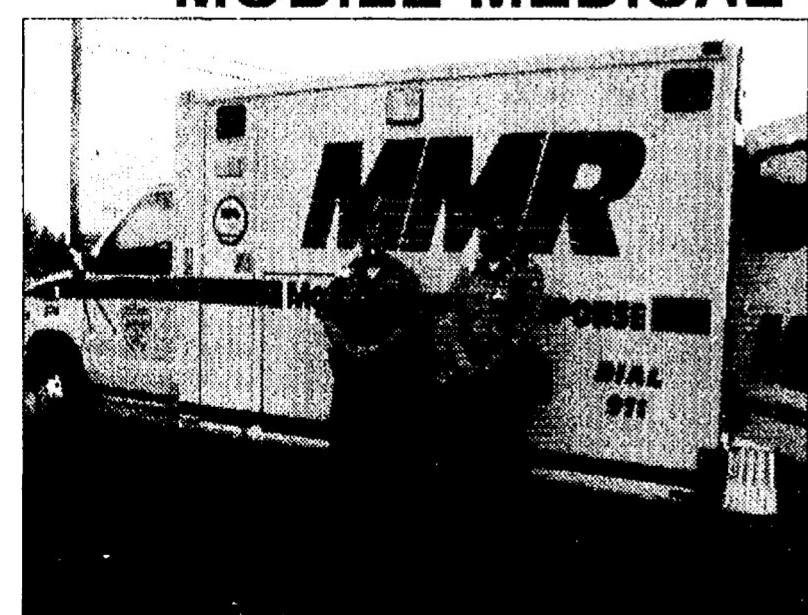
To receive a free copy of "Weight Loss and Nutrition Myths," call the Weight-control Information Network (WIN) toll-free at 1-877-946-4627 or view the fact sheet online at www.niddk.nih.gov/health/nutrit/nutrit.htm.

WIN is a national information service of the NIDDK, of the National Institutes of Health (NIH), part of the U.S. Department of Health and Human Services (DHHS).

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Alcohol: Health Benefit or Health Risk?

By Jennifer Grossman
For News USA

(NUI) - We've all heard the news about the potential heart-health benefits of moderate alcohol consumption. It's no wonder such stories grab headlines. They're the nutritional equivalent of the classic media formula of "man bites dog." As for the rest of us, we celebrate by raising a glass to our health.

But whenever I hear one of these reports, I wonder whether it actually ends up doing more harm than good. Most fail to mention the health risks of excessive alcohol consumption, which will do a body far more damage than moderate consumption will do it good. And they leave the impression that health benefits apply to men and women alike. Not so.

Most of the research regarding alcohol's effects in raising good cholesterol, or HDL, levels looks at men and post-menopausal women. Very little, if any, evidence suggests that alcohol consumption in younger women is beneficial. Even worse, other studies associate younger women's

alcohol consumption with increased disease risk.

Up to 4 percent of breast cancers can be attributed to alcohol. According to a recent study in the British Journal of Cancer, every drink increases a woman's chances of developing breast cancer. In a recent summary of 63 published studies, 65 percent of the studies found an association between alcohol consumption and increased breast cancer risk.

It's tempting to dismiss these health risks by pointing to more obvious ones, like excess weight and inactivity. In fact, 54.3 percent of women age 20 to 39 are obese or overweight. But if you're one of them and you're trying to lose weight and increase fitness, drinking alcohol will hardly help you achieve your goals.

Add that much-ballyhooed glass of red wine a day without making any other changes in your diet or exercise, and you'll gain nearly 15 pounds per year. In four years, you'll be 60 pounds heavier, which won't do much to help your heart.

Counting calories from alcohol can be doubly difficult. Not only

are these calories less satisfying than those from food, these days they're likely to come in super-sized martini glasses the size of swimming pools. Alcohol sabotages your diet in other ways as well. Lowered inhibitions can lead to overeating, while even one drink can dampen your metabolism for up to 24 hours.

Bottom line: Be honest with yourself. Don't use health claims about spirits as an excuse to justify excessive drinking which endangers your life, liver, looks and limbs. Keep in mind that plenty of other, better ways to improve heart health are out there. Start by getting and staying fit. Exercise at least five times each week. And eat a diet rich in fruits and vegetables, whose antioxidants may reduce the risk of heart disease by reducing the oxidation of cholesterol in your arteries.

Most of all, remember that less is more. And get all the facts before you go looking for your health at the bottom of a glass of booze.

Jennifer Grossman is the director of the Dole Nutrition Institute.

Why Health Education is So Important for Today's Kids

(ARA) - The statistics are staggering! According to the American Dietetic Association, six million kids in the United States are seriously overweight and five million more are on the verge of joining them. At this pace, experts say by the year 2030 everyone in America will be obese. Part of the blame can be placed on junk food. Inactivity is also to blame; and if something isn't done soon, a new study suggests that within the next 30 years, more than 180,000 people will die of diabetes, a condition related to obesity, in California alone.

As part of the effort to prevent that from happening, last year President Bush signed the Child Nutrition and WIC Reauthorization Act of 2004 into law. In addition to improving the quality of food in schools and expanding the availability of nutritious meals and snacks to children, the Act contains a provision requiring every school district participating in the USDA's school meals programs to establish a local Wellness Policy by the beginning of the 2006/2007 school year.

Under the Wellness Policy, schools must set goals for nutrition education and physical activity, establish nutrition guidelines for all foods available at school, design activities that will promote student wellness, and publish a plan for evaluating the policy. "I'm convinced the Wellness Policy is going to be the key to a healthier America," says Dr. Gus Dalis, past president of the American

Association for Health Education. "Health education, today, is about more than just eating right and exercising. It's about addressing topics that affect kids in their everyday lives."

When it comes to enacting a Wellness Policy, some school districts are further ahead of the game than others. In California, for example, they are already in the process of adopting new health textbooks that address the overall health picture.

The new books focus on the concept that to achieve and maintain total health, people need physical, social and emotional well being. Students learn the importance of keeping their bodies healthy through proper diet and exercise; how to understand themselves and others by delving into the issues of mental health, social health and conflict resolution; and about the effects drugs, alcohol, tobacco and risky behavior can have on their bodies. They also learn the basics about allergies, asthma, cancer, heart disease and diabetes; and the importance of safeguarding the environment in which they live.

Dr. Dalis says the environment really plays a big role in the overall picture. "A child who not only knows that drugs are bad, but has learned resistance skills in their health class will be less likely to try drugs at a party. Those same resistance skills will prevent a child who grows up in a home where the parents smoke from picking up the habit as well; or

from buying a candy bar in the vending machine instead of snacking on carrots they brought from home. Today, health education is really about giving kids the navigation skills they need to make it through life."

For more information about health education in schools, log on to www.healthykids4betterlearning.com.

(Courtesy of ARA Content)

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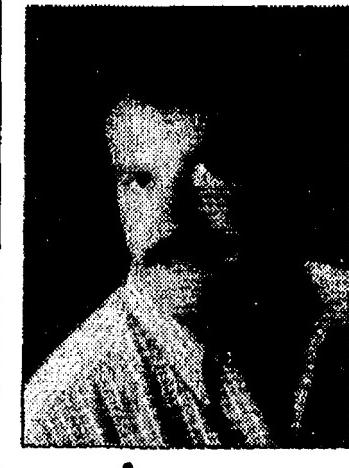
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Tips to Help Your Child Stay Healthy and Fit

(NUI) - American kids are making headlines. But, the news isn't something to cheer about. Turns out they are becoming more overweight than ever before.

Today, about 16 percent of children ages 6 to 19 are overweight, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), and the number is steadily increasing.

The dangers of being overweight in childhood are the same as in adulthood: heart disease, high blood pressure, high cholesterol, the precursors to type 2 diabetes and even some forms of cancer.

Experts say children need at least one hour of physical activity each day. Is your child this active?

Parents play a big role in shaping children's eating and physical activity habits. Helping your child maintain a healthy weight requires a long-term commitment with modifications the entire family should embrace.

Here are a few suggestions from the experts at NIDDK.

- Set a good example. Plan family activities, like hiking, biking, dancing or basketball. Include children in active chores like walking the dog, washing the car or mowing the lawn.

- Don't forget the fun factor. It is likely that younger kids will respond better to exercise if it doesn't feel like exercise. Try climbing a jungle gym, throwing a Frisbee or

playing chase. For older children, encourage physical education classes or urge them to do activities that they like and will do every day.

- Cut down on screen time. Television viewing and other screen usage can hold your child's interest for hours, which may discourage physical activity and increase calorie consumption. Reduce your child's screen time by encouraging other behaviors such as playing outdoors or moving around during commercials. A few minutes of physical activity at a time can certainly add up.

Taking a pledge as a family to live a fit and healthy lifestyle is one of the best gifts you can provide your child.

For more ideas to help your child be physically active and eat well too, read the free booklets "Healthy Eating and Physical Activity Across Your Lifespan: Helping Your Child" and "Helping Your Overweight Child" from the Weight-control Information Network. Call toll-free 1-877-946-4627 or view the booklets online at www.niddk.nih.gov/health/nutrit/nutrit.htm.

WIN is a national information service of the NIDDK of the National Institutes of Health, part of the U.S. Department of Health and Human Services.

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